VACATION TIME

So that The CJN staff can take a 2-week vacation, we will not publish July 7 and July 14. The next issue will be out July 21.

The Canadian Jewish News

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Threats don't deter Soviet Jews

Revival for Yiddishkeit

By JANICE ARNOLD

MONTREAL —

A Jewish revival is evident in the Soviet Union, among both Refuseniks and Jews who have not applied to emigrate, says Nachum Wilchesky, director of education for Jewish People's Schools and Peretz Schools.

Despite the continued threat of bureaucratic reprisals, Wilchesky found Jews in Moscow and other cities who are attempting to establish a meaningful Jewish life. "They are learning Hebrew, they love Yiddish. They have returned to Judaism in significant numbers, organizing seminars on topics of Jewish history, Jewish religion and are studying the Bible, Mishnah and Gemorah.

"They sing Hebrew songs; they get together for Chanukah, Purim and Pesach celebrations, and organize Jewish theatre evenings clandestinely and sometimes even openly."

Wilchesky said his impression is that if the "gates were opened" Jews would leave in the numbers they did in the 70s. But in the meantime many are seeking to make the best of their situation by improving the quality of Jewish community life in the Soviet Union.

"The big change is that, regardless if they are permitted to leave or not, the Refuseniks, — but not only the Refuseniks — will no longer go back to the position of being assimilated, of not educating themselves. They want to remain identified as Jews," said Wilchesky.

Wilchesky spent two weeks in the Soviet Union recently with Prof. Jack Lightstone, chairman of the religious studies department of Concordia University, visiting Moscow, Leningrad, Riga and Vilna. They met Refuseniks in all of the cities, except Vilna. (About 6-7,000 Jews live in the "Jerusalem of Lithuania" and the synagogue is still standing.)

"We went as educators, specifically to meet with the organizers and teachers of the Jewish cultural seminars and study groups and offer what expertise we could," he said.

Moscow has "countless" such groups operating under precarious conditions, "one day seemingly openly . . . the next day they are banned."

Wilchesky and Lightstone witnessed a most extraordinary sight in Moscow. On a Saturday evening, about 250 Jews gathered on the street outside the Moscow synagogue. A tape of Hebrew songs was playing full blast and the people were singing and talking.

They later attended a party at a private home where they met 28 Hebrew language and Jewish studies teachers. Most were young and worked by day at very different occupations. They had acquired their knowledge under the most difficult conditions, said Wilchesky, yet he heard Hebrew spoken so fluently in that room he

[Cont'd. on page 10]

Deniger given Friendship post

By GAYE APPLEBAUM

OTTAWA —

Pierre Deniger Liberal MP for La Prairie in Quebec, was elected chairman of the Canada-Israel Parliamentary Friendship Group here last week by the parliamentarians who make up he group. His term as chairman is for one year.

Deniger, 36, was elected to the House of Commons in 1979. Since his election he has been an active voice in Parliament on Israel's behalf. Deniger visited Israel as a member of a parliamentary delegation in April.

Recently Deniger, along with Celine Hervieux-Payette and David Berger, held a press conference in Montreal to denounce the "hate propaganda" against Israel they claim has been launched by Centrale de l'Enseignement du Quebec president Yvon Charbonneau.

All three MPs called on the federal parliamentary committee on racism that is currently in formation stages to examine the source of this anti-Israel campaign and where the funding originates.

Canada-Israel Committee spokesman Bob Wilmot welcomed Deniger's election as chairman. "It is important to have a francophone from Quebec speaking to the House about Israel's concerns," he said. "It will be an important asset for the Jewish community, both in Quebec and elsewhere."

Deniger replaces longtime Israel supporter Rev. Roland de Corneille.

WELCOME FOR THE REBBE

Moshe Teitelbaum [centre] rebbe of the anti-Zionist Satmar chassidim, was received by thousands of followers during his recent visit to Israel. The Satmar, who originated in Transylvania [Hungary], have been based in Williamsburg, NY, since 1947. [Uzi Keren photo]

Anti-Arafat revolt grows day by day

By SHELDON KIRSHNER

The month-long revolt against Yasser Arafat's leadership has intensified.

PLO rebels, with the open support of Syria and Libya, overran eight positions in Lebanon's Bekaa Valley belonging to Arafat-loyalists, shot and wounded his senior aide and presented a list of demands.

As of June 24, the day this issue of The Canadian Jewish News went to press, the mutineers controlled the main supply route for all Palestinian forces in Lebanon — the road from Damascus to the Bekaa Valley.

Wafa, the Palestinian news agency under the control of Arafat, reported that the rebels had been supported in their attack by the pro-Syrian Popular Front for the Liberation of Palestine, General Command, and by Syrian tanks.

Forces loyal to Arafat said that his aide, Col. Izzidin Sharif, had been shot in both legs after he had tried to suppress a rebel raid against a base camp south of Damascus.

Arafat, whose relations with Syria have been strained since last year's war, sent a message to Syrian President Hafez Assad concerning the "serious change in the behavior of Syrian troops in the Bekaa." Then, in a blunt rebuke to Assad, he declared: "I am sorry that we have been betrayed. We were together preparing to face the Israel aggressors and suddenly they shot us in the back."

Although the Syrians denied involvement in the rebellion, Arafat repeated his accusation. In response, Syria asked him and his right-hand man, Abu Jihad, to leave the country, where they had gone to confer with neutral Palestinian leaders.

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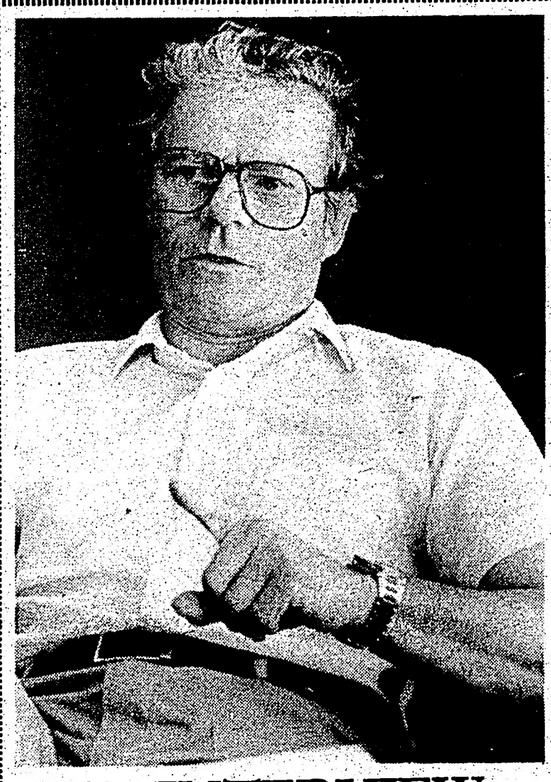


1st INTERVIEW

Milton Harris describes his thoughts and aims in his first interview as national president of the Canadian Jewish Congress. See page 7. [Ben Lechtman photo]

Canadians top game Israelis

By GARY COHEN

TORONTO —

Just for the sake of accuracy last week's Canada-Israel national team basketball game should probably go into the books as the Varsity Arena Massacre or maybe the Battle of the Little-Big Men.

Two days after holding a powerful Canadian men's team to 74 points in a respectable 74-62 loss in a game played at the University of Ottawa, coach Shmuel Yacobson and his weary troops just couldn't keep the lid on any longer as the Canuck's exploded for a 121-68 win at Varsity Arena.

Playing in steambath conditions before about 1,700 highly partisan Israeli fans (this reporter never thought he'd see the day a winning Canadian team was actually booed in Toronto), Canada jumped into a quick 22-12 lead. But, using a full-court press that produced some very aggressive play and a number of turnovers, the Israelis fought back to come within 26-22 before the lights went out.

Led by Canadian player-of-the-game Karl Tilleman who counted 18 points, the Canucks regained their composure to lead 52-36 at the half before turning the rout on in earnest in the second half.

It was a rash of fouls that really took the steam out of the Israeli game

[Cont'd. on page 5]

Isolation of seniors a disgrace— expanded programs are promised

TORONTO —

The isolation of seniors from the community can no longer be tolerated, says Frank Drea.

The Ontario minister of community and social services, speaking to the Seniors' Club at the Beth Sholom Synagogue, said elderly people must remain part of the community.

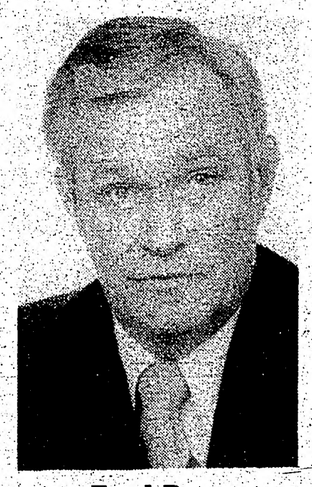
"They are part of it," he said. "The community isn't a community unless senior citizens are involved and living in it. Their role is vital in keeping the community together."

Drea assured 250 people attending the installation of officers' dinner, held during the province's Senior Citizens Week celebrations, that there will be no cutbacks in programs for the elderly. In fact, the minister said the programs will be expanded.

"Programs for the elderly will expand to meet their growing needs," he said. "In fact, my ministry will support the cost of services to allow the elderly to remain in their own homes."

Drea said more than $214,000,000 will be spent this year by his ministry on municipal and charitable homes for the aged, elderly persons' centres and a myriad of community programs such as meals-on-wheels, friendly visiting, information and counseling.

Other funding is allocated to senior citizens by the ministries of health, revenue and municipal affairs and housing.



— Frank Drea

He told those attending the annual event that senior citizens no longer have to fear becoming old.

"Old age can be a time to discover and grow," he said. "Senior citizens are better off now than ever before and we will continue to expand and create innovative resources for them."

The minister said that in Ontario almost 900,000 people are 65 and older and, within 40 years, the total elderly segment of the population in the province will exceed two million.

"We care about our elderly, and, by the year 2000, seniors in Ontario will be better off in terms of having improved pensions, better community care, better education and a better life in general."

He added: "There is a bright future for Ontario's elderly and, as a result of changing life styles and improved health care, seniors will lead fuller and more active lives."

World-National

Jews of U.S. did their all: Dawidowicz

By
RABBI W. GUNTHER PLAUT

Two weeks ago I commented on the haunting question which has lately been asked with increasing insistence: what did American Jewry do during the Holocaust? I reported on a talk which Arthur J. Goldberg, former Justice of the Supreme Court and former U.S. permanent representative to the UN, had given. In his report he noted that he had been the chairman of the American Jewish Commission on the Holocaust, but that no final report had been issued and his remarks would therefore have to be construed as preliminary and tentative only.

Rabbi Plaut

I want to write a brief follow-up on my earlier column because since then I have seen an article by the renowned historian Lucy S. Dawidowicz, who won fame with her volume The War Against The Jews, 1933 to 1945. In the June issue of Commentary she delivers a blistering attack on the Goldberg Commission and those who were supposed to do its objective research. Such research, says Dawidowicz, never did take place, because the authors and putative researchers had already determined the outcome: they wanted to find American Jewry of the 1940s guilty of insensitivity, inattention and plain disinterest.

The main target of Ms. Dawidowicz's indictment are Samuel Merlin and Peter Bergson who, as old Irgunists, are said to have used the commission for settling a score with the American Jewish establishment (this goes back to important and sometimes tragic differences which existed 40 years ago, the details of which are not relevant here). She also singles out certain left wing input which, following the Communist line, suggests that if the American establishment had not been allied with the Zionists (whose major goal was allegedly not ot rescue Jews but to establish a state of Palestine) many more could have been saved from the concentration camps. This is of course, standard Communist propaganda today.

Dawidowicz is not saying that Arthur Goldberg was part of the cabal but she does suggest that he was misled into assuming the chairmanship of an enterprise for which his and some other prominent people's respectability was to serve as a convenient cover. In other words, he had become an unwitting tool of these interests.

Dawidowicz defends the record of American Jews and the "persistent efforts which the American Jewish organizations made all through the 1930s to get Congress to enact special emergency legislation to admit Jewish refugees, so as to bypass the restrictions of the quota system."

And she defends America itself, despite the "meanspiritedness of American consular officials in carrying out their instructions . . . who barred other thousands of refugees stranded in inhospitable places just barely beyond Hitler's reach. Had the American people been more generous, more tolerant, less xenophobic, more Jews would have been saved," she admits.

"But is the United States to be reviled and repudiated on this account? Better to ponder where American Jews would be today had not America — and Britain too — held back the Nazi tide. Some say that the United States fought 'only' to preserve Western civilization. Had it not so fought, and won, no Jews at all would have been left in the world and no civilization either."

These are questions to ponder and before the 2-week hiatus of the publication of The Canadian Jewish News, they give me an opportunity to leave you with some longer range plans: if you were a combatant in the Allied Forces during the war, if you were a partisan or a survivor, do join us in the World Assembly that will take place in Jerusalem from Oct. 2nd to 6. People from all countries will attend and I would like to see as strong a Canadian delegation as possible. Call my office, 789-3291 or the Israel Tourist Office, 964-3784.

Rabbi Jordan Pearlson will be first Jew to...

Address World Council of Churches

By
HILARY HORLOCK

TORONTO — When the World Council of Churches meets in Vancouver next month, Rabbi Jordan Pearlson of Toronto will make history as he delivers a speech to the assembly on the meaning of Jewish life — the first time a Jew will have ever officially addressed the WCC.

The World Council of Churches is basically a Protestant organization which meets every seven years. Over 4,000 delegates, representing over 300 denominations from 100 countries around the world, are expected to attend the WCC convention in Vancouver from July 24 to Aug. 10.

Pearlson, national chairman of the Joint Community Relations Committee of Canadian Jewish Congress, will be part of a 3-person official delegation representing the Jewish faith. The others will be Marc Tannenbaum, from the American Jewish Committee and Jean Gerber, of Canadian Jewish Congress.

The Jewish leaders will be among the 15 official guests at the conference representing five major non-Christian faiths: Muslim, Hindu, Buddhism, Sikh and Judaism.

Pearlson has long been involved with th WCC, calling it "the world's most creative and courageous force for interreligious dialogue and reconciliation." He sees in the WCC a hope for wider understanding among faiths throughout the world.

"In spite of strong internal resistance, the WCC continues to meet with all faiths, and to encourage understanding among all religions. It has allowed a forum for all voices," says Pearlson.

Earlier this year Pearlson met with other WCC delegates at Mauritius, a small island off the coast of Madagascar, chosen, he suspects, because "it meant that all who attended would be in a minority role. The population is mostly colored and Hindu, which gave the delegates a different perspective on their authority."

The meeting on Mauritius was small and very productive, reports Pearlson.

"There was no official agenda, so we could deal with issues on an informal basis. We made recommendations for the general assembly at Vancouver and also straightened out the Christians on some of their teachings which are offensive to the Jewish community, such as the Good Samaritan story," says Pearlson.

Pearlson respects the WCC because he feels it is an honest group, willing to face its own shortcomings.

"They had an honest response to the New Delhi conference held immediately after the Holocaust. They were willing to admit that the Christian perspective on Jews might have contributed to it," says Pearlson.

He sees the Holocaust as the turning point on the road to better relations between Christians and Jews . . . something for which he strives.

"I believe the Holocaust was a turning point because afterwards decent Christians saw that their teachings brought babies to the ovens. They realized that the role played by churches in some parts of Germany in aiding the Nazis caused many deaths," Pearlson explained.

With anti-semitism on the rise around the world, Pearlson concedes that, despite tremendous progress by the WCC, it has not yet succeeded in deflating anti-semitism. One of the most flagrant abuses, he says, is the Oberammergau Passion Play which is performed every 10 years in Germany (next performance is 1984) and is "violently anti-semitic."

Considering the obstacles it faces, Pearlson claims it is "amazing" that the WCC exists at all. Being a "religious multinational," he says, with many constituencies, it is difficult for the WCC to make unified statements.

Rabbi Pearlson

"The most positive thing about the WCC is the opportunity for interfaith dialogue, and the good things that arise from that. The most negative thing, is that, as a religious organization, it continues to live in a political world — making political statements often directed against Israel," says Pearlson.

Despite these shortcomings, progress on the issue of relations between Jews and Christians has been "excellent," he says, and the prognosis for the future is equally as bright.

Interfaith dialogue is progressing now, asserts Pearlson, because "the biggest and the best names in all religions realize that, as the planet gets smaller and the nuclear threat increases, we must use our energies against the corrosiveness of those who would lead us to nuclear destruction."

Pearlson gives "an unhesitant yes" answer to the question of whether relations with all faiths have improved. He cites a recent meeting in Boston of interfaith consultants, where over 1,000 people, "representing the highest ranks of the various faiths," were present.

"I saw that good, well-intentioned people are not abandoning their fight for religious freedom," recalls Pearlson of the Boston meeting.

That the WCC has been accused of supporting Communist-front groups, both financially and ideologically, in Latin and South American countries, doesn't bother Pearlson.

"Many, both within and outside of the WCC have trouble with this 'liberation theology,' that is, the point where politics meets religious ideology. There is both strong support and strong criticism for such a policy.

"However, nothing we could say in criticism outside the WCC would match the intense internal criticism, I'm sure. I don't know whether or not the reports of Communist support are true, but I will, however, be listening very carefully at Vancouver," asserts Pearlson.

For him, the main concern is not WCC support of Communists, but the continued goodwill of Christians within the organization.

"My primary concern is that I maintain the linkages I have forged with the Christian community through the WCC that will enable Jews today, and their future grandchildren, to remain productive in society. Until this issue (of Communist support) becomes so blatant that it confronts me directly, I will concentrate on maintaining my contacts," says Pearlson.

Pearlson explains the WCC position on Israel by saying it is a "religious multinational" with many interests to speak for.

"The WCC has acknowledged a concern for Israel's security, and her borders, but also feels it must protect its own interests in the Middle East, such as the Protestant American University in Beirut.

"The WCC position is not as positive as we had hoped it might be, but it is not as bad, however, as the U.S. National Council of Churches' position, which is vicious in its attacks on Israel," says Pearlson.

He does not want to predict what will happen at Vancouver. The opposition within the WCC to broader interfaith understanding, Pearlson points out, is still strong, and the myriad of political beliefs of the different factions will make unity difficult. He does predict that "there will be many surprises at Vancouver — anything can happen."

Thankful couple gives farm to JNF

By
PATRICIA RUCKER

TORONTO — When is a tree more than a tree?

When it's an entire 240-acre farm, the largest single gift to the Jewish National Fund ever to originate from Ontario.

Rudy and Emily Brill, who took up farming when they emigrated to Canada from Czechoslovakia in 1948 "because Canada was accepting farmers and lumberjacks," have just designated their entire estate to the Jewish National Fund.

According to Kurt Weinberg, JNF's executive director, the value of the property is sufficient to underwrite the entire land infrastructure for the newly established output of Kamon in Galil Canada, one of 14 communities being rooted in northern Israel and funded exclusively by JNF Canada.

For Brill, an extremely modest man who reacted with embarrassment to the idea of an interview, the gift is a way of saying "thank you" to the Yishuv, the pre-independence Jewish settlement in Palestine.

A native of a small Jewish community near Prague, where his family had farmed since the early 1800s, he was on the last boatload of illegal immigrants to arrive in Palestine before World War II. "I owe my life to the yishuv," he says simply.

The Brills complete gift documents with Jacob Ziskind [centre], JNF representative. [Joe Lavee photo]

A veteran of the Free Czech unit of the Eighth Army, which he joined in Palestine, Brill was demobilized in Czechoslovakia.

He and his wife, whose family has farmed the same land since the early 17th century, found themselves in the village of Corunna, near Sarnia, "because I had a schoolmate who had bought a farm nearby in Petrolia."

They joined the Sarnia synagogue, and became active in B'nai B'rith and Hadassah. Their farm prospered, and when they received a Yizkor appeal from the Jewish National Fund, they sent back a gift whose generosity surprised and delighted Weinberg.

"We normally get about $10 each from these shotgun mailings, and here, from a place like Corunna, we received enough for a down payment on a memorial grove," he recalls.

The idea of a living memorial to their parents had great appeal for the Brills, and their ties with JNF grew. In 1974, they donated an 80-acre tract of their rich Lambton county farmland to the JNF, and then leased it back, paying rent on what had been their own land. For their generosity on this occasion, Weinberg said, they were enrolled as Founders of Canada Park.

The JNF appeals to the Brills for another reason. "I'm a farmer," says Rudy Brill, "and I love growing things. I cleared out 135 acres of scrub last year, but I planted 15,000 trees on my land here."

In Israel, the Brills have planted an entire community.

Agreement seen as "opening to the future"

New R&D institute to boost Canada-Israel trade

TORONTO —

The Canada Israel Institute for Industrial Research and Development marks the close economic relations between the two countries, says Israeli minister of trade and commerce Gideon Patt.

He and Canadian counterpart Ed Lumley were addressing over 320 participants at a Canada-Israel Chamber of Commerce luncheon here this week, celebrating CIIRD's inauguration. The two men signed the agreement officially in Ottawa the day before.

Canada's trade minister, Ed Lumley, told The CJN last week that "it gives me great pleasure to see this agreement ratified.

"These projects and their resulting spin-offs may go far to increase trade between our two countries. For, in international trade it should be remembered that co-operation and competition often go hand in hand.

"So that, while we must, and will, remain competitors in some areas, through co-operative ventures such as this we will be able to achieve many mutual benefits."

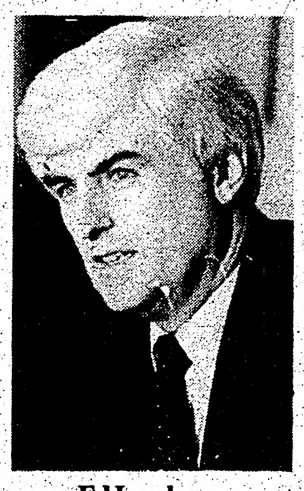
CIIRD, funded with $200,000 seed money by each country, will promote and market joint Israeli-Canadian research and development projects. "We see this agreement as an opening to the future, one to which both countries can contribute and from which each can benefit," said Patt.

The Chamber acted as intermediary between the two governments in CIIRD's development and will participate in its administration.

CIIRD was conceived 2½ years ago, to take advantage of the two countries' mutual strengths and weaknesses.

Both domestic economies are too small to achieve the economies of scale necessary for building world class industries. Canadian industry is forced to live next to the foremost industrial power in the world, while Israel is severed from what would be its natural economic hinterland.

Both countries recognize the potential of high technology industries, although Israel is apparently further ahead in their planned development. In 1981, Israel allocated 2.3% of its GNP to industrial research and development in comparison to Canada's .9%.



Ed Lumley

Gideon Patt

Canada excels in telecommunications, aerospace and industrial design, and is beginning to make progress in biotechnology. Israel's expertise includes medical imaging, telecommunications, aviation and computerized graphics, and has attracted some of the world's leading high technology firms like National Semiconductor, Intel, IBM, Control Data, and Xerox.

CIIRD will capitalize on these similar and complementary fields of high tech expertise to bring a product from the laboratory to the market in the shortest possible time at the smallest possible relative cost.

CIIRD, a non-profit corporation, will either receive a fee for its services or royalties, or, in some cases, will accept an equity position in a new company formed as a result of its efforts. After three years, it is expected to become self-supporting.

CIIRD is the latest agreement signed between Canada and Israel. Precedents include agreements for the avoidance of double taxation, film co-production, agricultural co-operation, communications, and for a joint economic committee.

"These agreements are the measure of our friendship," Yair Ofek, Israeli trade commissioner in Toronto told The Canadian Jewish News several days before the Chamber luncheon. "We view Canada as a large and friendly market where we can both buy and sell goods and services."

Argentine Jews want answers on fate of "missing" thousands

NEW YORK [JTA] —

The DAIA, the representative body of Argentine Jewry, has expressed "dismay" over the recent assertion by the Argentine authorities that the thousands of persons who have "disappeared" in recent years should be presumed dead, and called for clarification, the World Jewish Congress reported last week.

The DAIA (Delegacion de Asociaciones Israelitas Argentinas), which represents the largest Jewish community in Latin America, stressed that it shares the "anguish" of the relatives of disappeared persons of Jewish origin.

Its 6-point statement, released here by the WJC, affirmed "the Jewish tradition of respect for the sanctity of human life" and its "categorical repudiation of all expressions of violence."

It noted that through the years, the DAIA had received "the insistent pleas of parents and relatives of disappeared persons of Jewish origin" and it fully shared "the natural feelings of any parent or relative in a similar situation, regardless of creed.

"It is indispensable that this chapter in our history be fully elucidated in order to obtain the reconciliation of all the inhabitants of the land and achieve a fruitful dialogue among them; for this we feel that, in order to be legitimate, any act aimed at contributing to social harmony must take place within the framework of the National Constitution and the concordant legislation," the DAIA statement said.

It urged "the furtherance of action to prevent the recurrence of any state of violence in the country, whatever its cause, and voices its ardent wish for the peaceful development of the republic, predicated on the democratic and pluralistic coexistence of all its inhabitants, protected by appropriate laws precluding all acts of injustice."

Synagogue reopens

AMSTERDAM [JTA] —

Amsterdam's historic synagogue, a landmark over 250-years old, has been reopened for services on the Sabbath and Jewish holidays.

The congregation had decided earlier to close the synagogue because it could not afford the cost of security arrangements insisted on by the police. The money has since been made available.

The building will not be opened for tourists, however, until a suitable guide is found.

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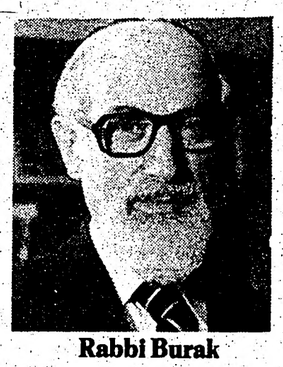
World-National

Living Halacha

By
RABBI MOSES J. BURAK

Question: Why can't we get married during some of the nicest weeks of the summer?

For the world at large, summertime is happy time, days of golden sunshine, days of singing, dancing and romancing, days of swimming in lakes and rivers. But for us the summer announces the arrival of our days of sorrow; we remember the destruction of Jerusalem, as well as the destruction of the Beth ha-Mikdash, in the days of long ago, and how the people were taken into captivity — captive slaves marching under a burning sun.


Rabbi Burak

The Code, O. H. Chapter 551:2 tells us that we do not get married during the three weeks, beginning with the 17th of Tammuz and concluding with the 9th day of Av. We fast on the first and the last day of this period. On the first day, the fast is from sunrise to sunset. On Tish'a b'Av, the fast is for about 26 hours, from sunset the previous day until the stars come out the next calendar day.

One does not take a haircut during these three weeks. One does not listen to music during this period. Some people abstain from wine and meat for the entire 21 days. The majority, however, observe these dietary restrictions only during the last nine days of the period.

Your private joy must give way before the remembrance of national humiliation and sorrow. Suppose a father is having the bris of his baby son on the fast day. May he eat something of the heavenly viands normally served after the bris? He may not. That's what the Rivta ruled on the basis of Psalms, 137:6: "If I set not Jerusalem above my chiefest joys." This is quoted as halacha in the Beur Halacha, Mishneh Berurah, Chapter 549:1.

Suppose a chassan got married a day or two before the onset of these three weeks. May he eat on the 17th of Tammuz, since he is in the midst of his week of Sheva Berachos with festive meals? Again we get the same answer: sorrow being the dominant theme on this day, he must share in the sorrow of his people.

It has, however, been a long time since we felt the oneness of our people, sharing the same goals and aspirations, with all eyes turned towards Zion. We find, in Tractate Yoma, 9B, a sage who spoke harsh words against those of our people who had remained in Babylon when Ezra called for them to go to Israel: "Resh Lakish was swimming in the Jordan. Thereupon Rabbah Bar Chanah gave him a hand (to help him out of the water). Said Resh Lakish to him: 'By God! I hate you. It is written, (in Song of Songs, Chapter 8:9). If she be a wall, we will build her a turret of silver. . . . Had you made yourself like a wall, and had you all come up in the days of Ezra, you would have been a silver which no rottenness can ever affect."

All the people didn't follow Ezra, and all the people haven't been trained to fast on the 17th of Tammuz, though the Law calls one who eats on a fast day a poretz gedder. He who has a fine dinner in an expensive kosher restaurant at a cost of say, $50, should remember, that day, what Daniel said in Chapter 4:24 to Nebuchadnezzar: "And break off thy sins by almsgiving." Give the cost of the dinner to charity.

Benatar heads Sephardi Federation calls for more representation in Israel

By
JANICE ARNOLD

MONTREAL —

Canadian Sephardim have a role to play in the fight for the equality of North African Jews in Israel, says the new president of the Canadian Sephardi Federation, Ralph Benatar.

The Canadian Sephardic community should unite in an effort to pressure for greater representation of Sephardim in Israel's political life, he said. Although 65% of Israel's population is Sephardic — according to the latest statistics — there is an average of only 17% Sephardim in the Knesset, Jewish Agency, Histadrut and other areas of public decision-making.

Sephardim here should also work toward the betterment of the social conditions of their brethren in Israel, he said. Raising their education level is an important means of attaining equality; less than 10% of Sephardic youth in Israel enroll in universities.

Benatar was elected president of the CSF at its recent fifth national congress, succeeding Joseph Benarrosh of Toronto in the 2-year post. Benatar, 38, came to Montreal from Casablanca 13 years ago and is today president of Jousse Canada Ltee., an exclusive French women's wear line.

Previously a vice-president of the CSU, he has served the Sephardic community in a variety of capacities: chairman of the executive of the Communaute Sepharade du Quebec; chairman of the Sephardic section of Combined Jewish Appeal; vice-president of the Centre Communautaire Juif; and member of the board of directors of Ecole Maimonide.

He plans to strengthen the CSF's ties with the Sephardic community in Israel as well as with Sephardic federations in other countries of the Diaspora.

"In recent years, after a long period of lethargy, there has been an awakening within the Sephardic communities in Israel as well as in the Diaspora. The role of the federations is to develop and channel this awareness in a way that will result in a true cultural and social renaissance of our community in Israel and the Diaspora," Benatar said.

Ralph Benatar

Some of his specific goals include increased social and cultural exchanges between the Sephardic communities in Canada and Israel; sponsorship of an international conference in Montreal bringing together Sephardic intellectuals; creation of a scholarship fund to allow Sephardim to attend university in Israel; encouraging Sephardic businessmen and professionals here to develop exchanges with their counterparts in Israel; and organization of seminars in Israel for community institution professionals and leaders in Canada.

Benatar also sees a greater role at the local level for the CSF, beyond the promotion of Zionism. Now 10 years old, the CSF is the only national Sephardic organization in Canada, he noted. It is also a constituent agency of the Canadian Zionist Federation and World Sephardic Federation.

Benatar hopes to consolidate existing links between the CSF and Sephardic institutions in Canada. The CSF can represent the Sephardic community at the government and institutional level, nationally and internationally, said Benatar, in its ongoing effort to preserve and develop the Sephardic spiritual, cultural, political and social heritage and identity.

At least 33,000 Sephardim of North African origin live in Canada today; the great majority are in Montreal, but Toronto is growing and there is even a small community in Vancouver, said Benatar.

Benatar also wants to work closely with the Ashkenazic community in Canada in the common concerns of stemming assimilation and anti-semitism.

Other officers of the CSF elected include: Georges Ouaknine and Leon Oziel, vice-presidents; Charles Barchichet, secretary; Jo Ziri, treasurer; Dr. Charles Chocron, special advisor; and Joe Benarrosh, past president.

Benatar has also created new commissions within the executive dealing with external relations, education, intercommunity relations, culture, youth and information.

Weizmann Institute of Science

Six Canadians elected to board

REHOVOT, Israel —

Six Canadians were recently elected to the international board of governors of the Wiezmann Institute of Science during meetings on the campus here. This significantly increases the level of Canadian input in board decisions.

Murray B. Koffler was named deputy chairman; James Kay was elected vice-chairman of the executive council; and H. Thomas Beck was elected vice-president of the international co-ordinating committee. Also elected to the executive council were I.C. Pollack, Leo Perkell and Prof. Leo Yaffe.

Other Canadians taking part in the proceedings included Jacob Hendeles and Joel Greisman, as members of the board of governors, and James Senor, a member of the international co-ordinating committee.

Murray Koffler [right] with Yitzhak Navon [left], immediate past president of Israel, and Michael Sela, Weizmann Institute president.

Nostalgic party

JERUSALEM —

Hundreds of new immigrants to Israel gathered in Canada House here recently to exchange nostalgic stories about their "home away from home" as they celebrated the fifth anniversary of the Canadian-sponsored absorption centre.

Canada House, owned and operated by the United Israel Appeal of Canada (UIA), was built in honor of Gordon Brown of Montreal, a past national president of the organization.

Located in Jerusalem's East Talpiot, it is one of four absorption centres operated by the UIA and is part of an Israel-wide network of centres maintained by the Jewish Agency.

More than 5,000 new immigrants have used the Jerusalem centre as a place to stay while they seek permanent accommodation, jobs, and schools for their children.

Participants in the anniversary celebration included representatives of the Jewish Agency, the city of Jerusalem, and the Israel resident committee of the UIA.

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World-National

Anti-Arafat revolt grows—Syria siding with rebels

[Cont'd. from page 1]

The evidence is strong that Syria has sided with the rebels.

Syria, which has always sought to mould Arafat's policies and to bring him under its wing, stood by idly at the beginning of the mutiny when rebels raided supply dumps in Damascus. Then Syria's state-run press agency carried the full text of a rebel statement on the discord within Fatah, the PLO faction which Arafat founded.

Because he is convinced that Syria has connived in the rebellion, Arafat appears to have moved Fatah headquarters to Tripoli, Lebanon, from Damascus. Wafa, which had been based in Cyprus since last September, is now functioning in Tripoli, as is Falastin al-Thawra, the PLO's daily newspaper.

But Arafat's presence in Tripoli hardly assures him the autonomy he seeks. Tripoli, and indeed all of northern Lebanon, is under Syrian administration, and may be indefinitely if Syria decides not to withdraw from Lebanon.

Although facts suggest that Syria is plotting with the rebels, important Palestinian leaders who've stood on the sidelines have dissociated themselves from Arafat's verbal broadsides against the Syrians. George Habash of the Popular Front for the Liberation of Palestine, and Nayef Hawatmeh of the Democratic Front of the Liberation from Palestine have both called on Arafat to desist.

Libya has charged that Arafat, in blaming Syria, sought a scapegoat for "his ugly mistakes, capitulationist policy and open relinquishing of the gun . . ."

Led by a 56-year-old former Jordanian army officer, Col. Saed Musa, the rebels essentially charge Arafat with going soft on Israel and favoring a political settlement of the Arab-Israeli conflict.

The rebels, who've seized a cluster of villages near the Syrian border, do not seem to be demanding Arafat's ouster, for Arafat remains a highly respected figure in the PLO. "We do not insist on a change in leadership, Saed Musa said in an interview with The New York Times, "but there must be a halt to the deviation from the path of revolution."

Musa and his men, who may command the sympathy of thousands of Palestinians, want Arafat to clearly reject all peace plans: the U.S. plan put forward by Ronald Reagan on Sept. 1, and the Arab League proposals announced in Fez, Morocco, soon afterwards.

The rebels oppose a confederation between Palestinians and Jordan, and an independent Palestinian state on the West Bank and the Gaza Strip. Simply put, they do not accept Israel's existence. They want to establish a "secular, democratic state" in Israel's place.

They also want an end to the "singular" rule of Arafat and a return to "collective leadership."

Finally, they want to root out corruption in the PLO, claiming that some Palestinian leaders have misappropriated funds to buy expensive cars and villas.

When the revolt broke out in early May, the rebels voiced the complaint that Arafat had appointed incompetent cronies to fill key military positions in Lebanon. This was not mentioned by Saed Musa, but presumably the issue has not died.

Arafat, who has refused to consider the idea of collective leadership, has met some of Musa's demands. He has decided to set up a special court to investigate charges of corruption, and more crucial, he has stated that the Fez plan — which he had backed in full — should be bypassed "in favor of a military option."

As U.S. Secretary of State George Shultz says, this further radicalization of the PLO could make it almost impossible to arrange negotiations on settling the Palestinian problem peacefully.

Arafat, who has had to cope with crises before, now faces his most serious challenge. The rebels claim they will not give up their mutiny until all their demands are met.

Arafat has the support of Egypt, Jordan, Iraq, Tunisia, the Soviet Union and many other countries which favor a compromise political solution. But he has not managed to contain the rebellion.

The rebels are holding out, and continuing their operations against the Israeli army in Lebanon. Last week, they ambushed an Israeli patrol near Sidon and killed one soldier and wounded three others.

Canadian cagers top Israelis

[Cont'd. from page 1]

plan of trying to pressure the Canadians into backcourt mistakes. Outrebounded, out-shot and out-muscled, coach Yacobson said some questionable officiating by referee Zvi Segev took away Israel's opportunity to out-hustle Canada.

"I don't like to complain about the refereeing," Yacobson said, "but in my opinion the referee was too tough on us. The press is only effective when you can be aggressive and the referee didn't allow us to do that by calling too many fouls."

Korky Nelson, Israel's player-of-the-game and the contest's high scorer with 28 points, admitted after the game that his team was overmatched by the strong Canadian side. But, Nelson added, the Israeli squad has only been together for 10 days and lacks the team play it takes to win over a tough opponent.

"You saw the game. They are a lot bigger and stronger than we are and I think they wanted to put a show on for the Toronto crowd," Nelson said. "We are going to get better, but we need time to practice together. We need more cohesion and more defence."

The Israelis also missed the services of star forward Haim Zlotickman who suffered an eye injury in the Ottawa game.

The Israeli club, on its first tour of Canada ever, immediately hit the road for Edmonton after the Varsity game. They will be competing in the World University Games beginning on July 1 in the Alberta capital.

Although the team didn't have to work at it in Toronto, captain Shmuel Zisman described the Israel team's mission as a combination of sport and goodwill. "Propagandists show us like soldiers — animals who want to occupy and kill people," Zisman said. "This is like a national mission to show the world that we are people like any others ... sportsmen. And sports is not politics. Sports is peace."

Begin, Reagan meet July 27

By JOSEPH POLAKOFF

WASHINGTON —

Israeli Prime Minister Menachem Begin and President Reagan will hold a summit meeting at the White House July 27 and will probably also meet again in the following day for additional talks, officials of the two governments have made it known.

The Reagan-Begin summit will follow by five days of talks at the White House between President Reagan and Lebanese President Amin Gemayel. These two closely scheduled White House summits indicate that the Lebanese situation will top the agendas for both.

Begin was to have met with the President last November, but the unexpected death of Mrs. Begin while he was in Los Angeles for the CJF General Assembly necessitated cancellation. Cooling of relations in the meanwhile over withdrawal of forces from Lebanon and associated developments kept the meeting from taking place, but with the Israeli-Lebanese agreement in April, the relationship has improved immensely.

Anti-semitic symbols

Guilty verdict for vandal

WASHINGTON [JTA] —

A 23-year-old man was convicted of drawing anti-semitic symbols on a Silver Spring synagogue in what the Jewish Advocacy Centre in Washington called one of the few successful prosecutions in the United States for acts of anti-semitic vandalism.

A jury deliberated for less than two hours in Montgomery County Circuit Court before returning a guilty verdict against Michael David Remer on charges of destruction of property.

Irving Shapell, president of the Jewish Advocacy Centre, also said that the verdict would serve notice that the Jewish community would "fight back" against such attacks.

Andrew Sonner, the Maryland state's attorney, said it was the first prosecution and conviction he could remember for such a crime in the county's circuit court system.

Rabbi Martin Halpern, spiritual leader of the vandalized Shaare Tefila Synagogue, said the incident and the conviction had heightened the awareness of all residents of the community, non-Jewish and Jewish, that "if desecration happens to a synagogue today, it could happen to a church tomorrow and to a mosque the next day."

Judge Rosalyn Bell, who presided at the trial, set bond of $50,000 for Remer and scheduled sentencing for Aug. 11.

One of Remer's companions on the night of the incident last Nov. 1 testified he watched Remer, who now lives in Ellicott City, Md., spray-paint "a big swastika," a cross, a skull and crossbones and the words "Ku Klux Klan" on the back of the synagogue.

Remer, testifying in his own defence, denied any painting on the synagogue, declaring "I was drunk" and that he laughed at his companions whom he said he watched painting the symbols and slogans on the synagogue. Remer's companions also have been charged and their cases are pending.

Outside the courtroom, Remer told reporters he was not anti-semitic. He also said that, while he was not a Jew, he had grown up in a home where his stepfather and stepbrothers were Jewish.

Israelis slam settlements

JERUSALEM [JTA] —

Residents of the Ir Ganim quarter protested last week against the government's policy of providing cheap housing on the West Bank in its drive to increase the Jewish population of that area. They claim it's being done at the expense of slum neighborhoods in Jerusalem which are in dire need of improved housing.

To dramatize their demand for equal treatment with West Bank settlers, Ir Ganim residents set up an "illegal" settlement on a nearby hilltop with several tents and an electric generator borrowed from Kibbutz Negba.

They were mimicking the tactics of members of the Gush Emunim, who established outposts on the West Bank of the Jordan River without government approval.

The Ir Ganim demonstration was mounted with the help of the Peace Now movement and kibbutz volunteers.

The protesters distributed leaflets explaining that most of them come from the Arab countries, where they lived in friendly relations with the Arab population, "to live in a Jewish state and forced to live across the Green Line through occupation of and deprivation of rights."

The Green Line is the unofficial boundary between Israel and the West Bank.

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Editorial

"No place" for party anti-semitism

"There is no place in the party for this anti-semitic thing."

That is the view of Senator Ernest Manning reflecting on the recent resignation of Martin Hattersley as leader of the federal Social Credit party.

Senator Manning, one of the stalwarts of the Social Credit Party and premier of Alberta for 25 years was, we hope, representing the views of the majority of Albertans and not the biogoted minority who recently voted 33 to 31 to reinstate James Keegstra and three executive members of the Alberta wing of the party.

The four were suspended for making anti-semitic statements in the wake of Keegstra's dismissal as a social studies teacher in the Eckville, Alberta High School.

Mr. Hattersley has done the only decent thing in tendering his resignation as leader of the federal Social Credit Party. We applaud his statement: "I simply cannot be a leader of a party that has people accepted into its ranks that publicly express views of that sort."

Hattersley hit the nail on the head when he also said: "A substantial number of people in Alberta have views that I cannot support. We cannot be a successor party to the Nazi Party of Germany. And we are heading in that direction."

It is lamentable that the Social Credit Party, which once dominated the politics of Alberta and which continues to influence political life in British Columbia, has been dishonored by the presence in its ranks of a disproportionate number of Jew-haters.

The reinstatement of James Keegstra and his supportive trio of anti-semites (whose slanders against Jews we will not reproduce because to do so would be to participate in the obscenity) means that the Social Credit Party has become the captive of a significant group of vituperative bigots.

As the Toronto Globe and Mail observed recently, Social Credit has not been a significant force in Canadian politics for many years "and now that it has suffered this self-inflicted wound, we see little hope of its revival as a political force."

Whether or not Social Credit can become a force in Canadian political life is not, of course, the only relevant consideration. What is gravely disquieting is the open challenge to conscience which has been generated by 33 Western allies of a man who was dismissed from his high school post for spreading calumnies against Jews and Judaism.

The Keegstra case shows that the tendrils of anti-semitism have spread their noxious influence and that the Canadian Jewish community is being put on notice that dangers to its equilibrium exist.

Canada Day

The Keegstras and Charbonneaus notwithstanding, Canada is still one of the best places in the Diaspora — if not the best — for Jews, and we should all join wholeheartedly in celebrating Canada Day, our country's birthday, on July 1.

In recent years, Canada has generously admitted thousands of Jewish refugees from the Soviet Union, has maintained close relations with Israel [despite some difference of opinion in parliamentary circles], and, as always, since earliest days, has perpetuated the tradition of freedom of religion — and now backed this up with a Charter of Rights. So there's good reason to celebrate and to say with all the fervor at our command: Happy birthday, Canada . . . we stand on guard for thee!

War creates divisiveness and vague gains

What has Israel achieved in Lebanon?

By SHELDON KIRSHNER

What has Israel accomplished in Lebanon, one year after the outbreak of the war?

In launching the invasion on June 6, the Israeli government had several goals. Prime Minister Menachem Begin and his then defence minister, Ariel Sharon, wanted to bring peace to Galilee by destroying the PLO's military and political infrastructure in southern Lebanon.

By removing the PLO influence, they hoped to create conditions for the emergence of a strong, stable, pro-Israel Maronite-dominated regime in Lebanon.

They also theorized that, if the PLO's strength was broken in Lebanon, it could be eradicated on the West Bank as well, leaving Israel with the opportunity to smash that brand of Palestinian nationalism which advocates statehood.

One year later, Israel's achievements in Lebanon remain hazy — subject, ironically, to Syrian approval, or are simply unfulfilled. Yitzhak Rabin, the former Prime Minister, has said that Israel has never fought a war that yielded so little.

There are Israelis who would disagree with that assessment, but virtually everyone agrees that the war has precipitated deep, unprecedented divisions in Israeli society.

* * *

In expanding the scope of the war by advancing on PLO headquarters in Beirut, Israel cleared southern Lebanon of the guerrilla threat which had been hanging over it like a poised dagger, and, through a campaign of aerial bombardment which caused international criticism, forced PLO chairman Yasser Arafat and his men out of West Beirut.

Observing the PLO withdrawal, Begin said that Israel would now enter into a peaceful era. Sharon, who would soon be overwhelmed by the Lebanese Christian slaughter of Palestinian refugees in Sabra and Shatila, boasted that the PLO had been destroyed as an organization.

To be sure, the PLO was battered. More important, it lost its crucial base in southern Lebanon — which the Lebanese had tolerated for some 14 years — and in Beirut.

PLO members found refuge throughout the Arab world, and Arafat established new headquarters in Tunis, far from the front with Israel. The fortunes of the PLO reached a low, particularly because of the restrictions placed on it by its lukewarm hosts.

The adversity besetting it notwithstanding, the PLO bounced back. Gradually, in an infringement of its agreement with the U.S., the PLO permitted its exiled troops to return to Lebanon from havens like North Yemen and Tunisia.

All told, there are something like 15,000 guerrillas in Lebanon today, ensconced behind Syrian lines in the north and in the Bekaa Valley. Israeli settlements appear to be out of their artillery range, but they represent a potential menace to the settlers.

With Syrian connivance, the PLO has taken to harassing Israeli troops in areas supposedly freed of their domination. Nearly 150 soldiers have been killed in hit-and-run attacks and many more have been wounded. Lebanon is as dangerous as ever for Israelis.

Of late, the PLO has been torn asunder by internal problems, but it remains a potent force politically, both on the West Bank, where Israel has been unable to organize an effective force to counter the PLO, and elsewhere.

Although Ronald Reagan is hardly a fan, he has boosted PLO prospects by putting forward a peace plan which depends on the PLO for part of its success. King Hussein of Jordan will not conduct negotiations with Israel unless he obtains PLO approval — which is not forthcoming at the moment, and may not be in the wake of the anti-Arafat revolt in the Bekaa Valley.

Despite the decline of the PLO, Arafat has scored a string of political victories since his evacuation from West Beirut last August. In consenting to see him at the Vatican, the Pope conferred a measure of legitimacy on his movement which Arafat badly needed.

Since his meeting with John Paul II, Arafat has maintained contact with world leaders from Europe to Asia. There are, therefore, no signs on the horizon that the PLO will cease being what most Arabs regard it as: the legitimate representative of the Palestinians.

As for the Europeans, they, too, perceive the PLO as a serious negotiating partner in the quest for peace in the Middle East. Only the U.S. rejects this thesis, but American policy would likely change if the PLO accepted Israel's existence and renounced terrorism.

In Lebanon itself, the Israelis have failed to encourage the formation of a pro-Israel government. Amin Gemayel, the president, is resolutely in the Arab camp and advocates policies which, if they materialized, would result in an Israeli withdrawal from the Golan Heights and the creation of a Palestinian state on the West Bank and in the Gaza Strip.

Lebanon, 12 months after the war, is as unstable as it has been for years. "Stability has to come primarily from the Lebanese themselves, free of occupation . . ." Joseph Sisco, a former U.S. diplomat, writes in Foreign Affairs.

Yet tranquility is not around the corner, partly because of the bitter divisions in that ethnically-mixed country, and partly because Israel and Syria have not sorted out their differences.

Theoretically, Israel has agreed to pull out of Lebanon. In practice, the Israelis won't leave if the Syrians and the PLO do not. So Israel, against its wishes, is bogged down in Lebanon . . . caught in the crossfire of rival Lebanese factions who couldn't care less about Israeli lives, and facing a Syrian army which is considerably stronger now than it was on the eve of the 1982 conflict.

If the Syrians and their Palestinian allies do withdraw eventually, Israel could reap the benefits of its accord with Lebanon. But, in the absence of such a development, the virtual peace treaty that Lebanon signed with some misgivings is a dead letter.

The Israeli-Lebanese pact, in any event, has sown discord in Israel. Ariel Sharon has assailed it on the grounds that it cannot ensure Israel's security while Shimon Peres, the Labor Party leader, has belittled it.

Labor, moreover, has called for a judicial inquiry into the government's handling of the war, charging that Sharon, currently minister-without-portfolio, deliberately misled Begin and his ministers so as to expand the conflict far beyond the original objectives approved by the cabinet.

The accusations leveled by Labor find an echo in Likud, the ruling coalition.

Begin's late deputy minister, Simcha Erlich, said he heard that Israel fired first on Syria in the opening days of the war. "In other words, provocation," he is reported to have said.

Zeev Schiff, the well known military correspondent of Haaretz, writes that the Syrians were attacked, despite pledges by Sharon and Begin that the army would pursue only Palestinian forces.

According to Maariv, Yitzhak Berman, the energy minister who subsequently resigned, asked Sharon sardonically: "And what ridge are you going to propose capturing in two days in order to protect the soldiers who will take the ridge tomorrow that we are approving today?"

In spite of these damaging revelations, Begin's popularity has not faded. Indeed, he commands greater allegiance from the electorate than every Labor Party personality.

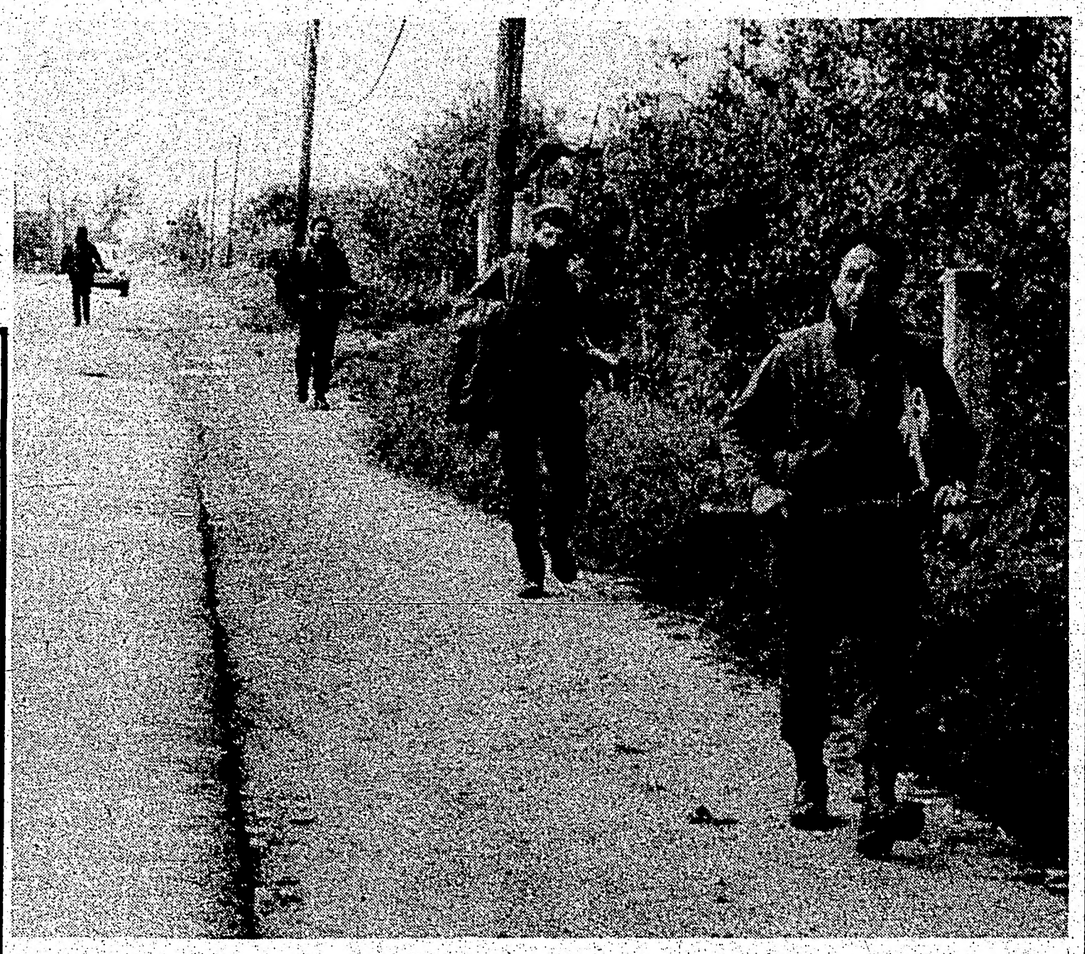
But the war of attrition Israel faces in Lebanon is taking its toll on national unity.

Sixty-one reservists have been imprisoned for refusing to serve in Lebanon, more than 1,000 have returned their campaign ribbons to the ministry of defence, anti-war demonstrations have been mounted, and groups opposed to Israel's continued presence in that country have proliferated.

Because of such deeply-felt sentiments, the Israeli government has begun to reconsider its position on a partial, early withdrawal from Lebanon.

Several weeks ago, the Likud coalition beat back a Labor Party motion calling for a pullback to better defensive lines along the Awali River, north of Sidon.

But now the government, in a bid to cut casualties and to silence dissent, is talking in terms of doing just that.



Israeli troops on patrol near Tyre [IPPA photo]

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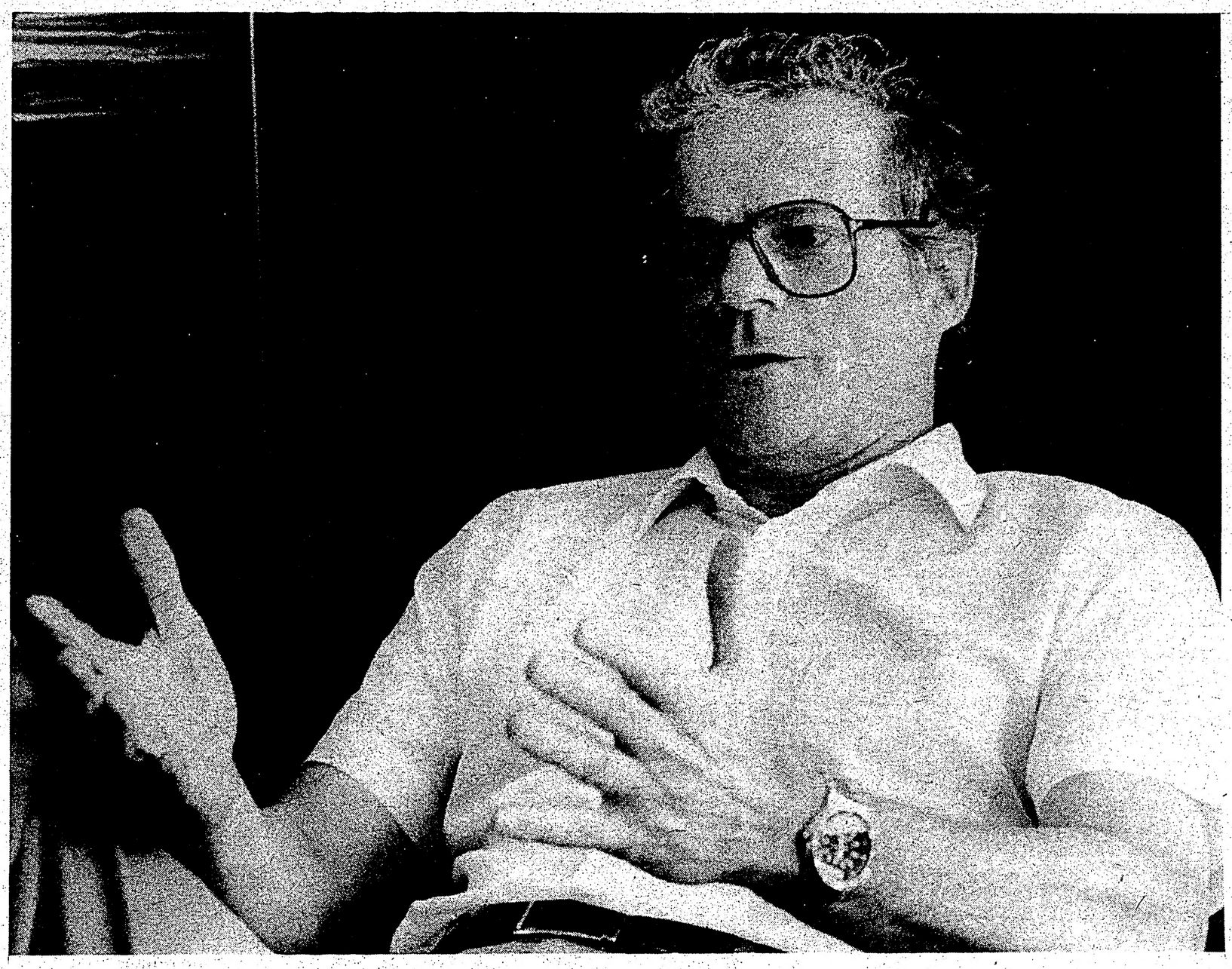
Sharing responsibility for policy

Milton Harris brings distinctive style to Congress

By
SHELDON KIRSHNER



Milton Harris, national president of the Canadian Jewish Congress [Ben Lechtman photo]

TORONTO —

Milton Harris is bringing a distinctive style of leadership to the Canadian Jewish Congress.

"You can't be a 1-man band playing all the instruments," said Harris in an interview last week. "I'm a collegial type of person. I believe Congress officers have a shared responsibility for policy."

Harris, who was acclaimed national president last month, plans to run CJC — the umbrella body of Canadian Jewry — by consensus. The strong impression he imparts is that his 3-year administration will not be a closed shop, but one open to change and new ideas.

Born in Detroit but raised in London, Ont., the 55-year-old businessman intends to build Congress into what he thinks will be a more representative organization.

"The Canadian Jewish Congress likes to believe that we represent all of Canadian Jewry — but I must admit that this is not completely so," Harris said in his acceptance speech in Montreal.

If Congress is to survive, he told a visitor in his office overlooking Lake Ontario and the chain of wooded islands in Toronto harbor, it will have to represent local federations as well as constituent groups.

In his bid to make Congress responsive to Jews across the country, he will try to develop a partnership with major groups like B'nai B'rith and Canadian Zionist Federation.

Harris, the father of three grown children, will also be attuned to the younger generation, and will work to improve the status of women holding positions in Congress.

Having pledged to rectify the problem associated with recent deficits and with personnel, Harris has not hesitated to change professional staff in order to achieve his objectives.

Harris, president of Harris Steel Group, which recorded sales of $188,000,000 in 1982, said he hopes to create an atmosphere that will enable him to pass "the torch" to the new generation. "I'm prepared to give them more responsibilities and to tolerate opinions which may be offensive to my generation."

He grew into manhood at a time in Canadian history when Jews were certain that a Jewish lawyer would not be hired by a non-Jewish firm, or a Jewish doctor admitted to a major hospital.

"As much as we want to pass our anxieties and concerns to our children, we must realize that their world is completely different, and yet we attempt to impose our experiences on them."

Harris, whose great grandfather immigrated to Canada from Pinsk in 1886, said the Canada he knew as a young man has changed for the better.

Although in principle he favors legislation which would protect Canadians from group libel, Harris said that Congress has to be careful not to trample on free speech.

The Jewish community should not put itself into the position of suppressing free speech. Congress, he said, must work out that question so that all interests are served.

As for the issue of war criminals residing in Canada, Harris declared that the government can do more to bring them to justice.

Ottawa should consider prosecution and trial in Canada, or the options of denaturalization and deportation. While he supports the extradition process, he doubts whether "we will see more than a handful of these cases."

Harris credits the government for having made substantive efforts in the recent Helmut Rauca case, but maintains that legislation is necessary "to plug" the gaps in the legal system which permit war criminals to live unmolested here.

But if Congress is to convince Ottawa that legislation is appropriate, he said, it must ensure that a proper level of concern is evident in public opinion.

At the moment, Harris said with some regret, Canadians — Jews and non-Jews alike — are not sufficiently aroused by the issue.

"We have a big task ahead of us," he said, referring to the need to press for new approaches on this matter.

For Harris, who has been a committed Zionist since boyhood, Israel is fundamental "to our Jewish identity and existence, and it is impossible to come to terms with Judaism without recognizing the Jewish state."

Past vice-president of the Zionist Organization of Canada (Ontario), he argues that Jews must redefine Zionism "in the light of present historical realities."

He does not subscribe to the dictum that the Diaspora will fall away through emigration and assimilation. "We know now that the Zionist objective of complete aliya of world Jewry is unattainable, and it is likely that at least 75% of world Jewry will continue to live in the Diaspora."

Therefore, he said, the role of the Diaspora should be appreciated in Israel to a greater degree than it is at present. "A Zionist philosophy that does not include a major role for the Diaspora in the national life of the Jewish people is doomed to failure."

Harris, who recently discussed this issue with Prime Minister Menachem Begin in Jerusalem, said that Diaspora Jewry should not "lecture" Israel in public about its foreign policy or security requirements.

Yet Jews, he went on to say, have every right to question which path Israeli society is taking.

How, for example, will Israel develop if it rules one million Palestinians on the West Bank and in the Gaza Strip?

"Is it possible that the humanism of Israeli society can remain marvellously insulated from the military need to use force to deal with young Palestinian girls and boys who are throwing rocks? Could Israel retain its humanistic nature if it is forced to control a growing Arab minority for another generation?"

The overriding issue of whether Israel will retain its character as a Jewish state is one which must be debated, but not behind closed doors. "It must be a subject of public discussion in which every Jew has a say . . ."

Though Harris is loath to suggest solutions for the Palestinian problem, he is sure that annexation by Israel of the West Bank and the Gaza Strip is not the answer. "Annexation would completely distort the whole Zionist idea."

His ideas resemble those of the Labor Party, but Harris says he has not associated himself with any Israeli political movement. Harris' wife, Ethel, is sympathetic to Peace Now, but, he said, he is not.

Harris disagrees with those in the Jewish community who say that sharp differences on Israel play into the hands of Israel's enemies. "I have always adopted the principle that we never refrain from saying, and never refrain from doing, anything for fear of the anti-semite."

"The basis of our support from non-Jews is that we are a disputatious, humanistic and free community," he added. "If we project an image of a monolithic, authoritarian community which brooks no dissent, this will be harmful.

Harris, in any case, does not personally believe that the Jewish community conforms to this unflattering description.

Former chairman of Congress' Ontario Region, Harris said he will devote a good deal of his time to Canada-Israel relations.

Canada, he noted, has been "largely supportive" of Israel. But he differs with Ottawa's interpretation that Israel's settlements in the occupied areas are illegal.

And he wishes that Canada would exert pressure on Arab countries, especially Jordan, to join the peace process.

"We must remind everyone that no Arab leadership, with the exception of the Egyptian, has dared to speak in public before their own people and admit that the Jewish state has the elementary right even to exist."

Harris said it is not one of his priorities to press Ottawa for anti-boycott legislation . . . which nearly materialized four years ago. The Jewish community, he said, cannot attack on all fronts at once.

A casual man who never seems to wear a tie, Harris is a graduate of the University of Toronto in commerce. The business he manages from the 64th floor of First Canadian Place was started by his great grandfather and expanded by his successors.

His father, Sam, was born in London, and his mother, Jenny, was a native of Toronto.

Milton Harris grew up in an Anglo-Saxon milieu, and was the only Jew in his school. Because of his experiences, he said, "I have a much better understanding of the Anglo-Saxon world than Jews who grew up in a tight Jewish community."

In the late 1960s, Harris fought restrictions against Jews in London's social clubs, and won. There is, he said, a reservoir of conscience in Anglo-Saxons. "But you have to shake them and make them realize that anti-semitism is unfair."

The founding president of the Toronto Jewish Congress, Harris has a busy life outside the communal framework.

He is a board member of Israel's Bank Hapoalim in Canada and a member of Tel Aviv University's board of governors. He sits on the board of Canadair, and is a staunch Liberal.

A lean, compact man who exudes good health, he enjoys sailing and squash. He likes to read and the subjects he is most at home with are the French revolution, the 1930s and the two world wars.

In the next few years, given his responsibilities as Congress president and as head of a thriving company, Harris may have no choice but to prune some of his activities.

But he certainly has a good idea how he'll divide his time between the demands of communal work and industry.

"There has not been a new Congress president who's had a better appreciation of the job than me," said Harris, who hardly lacks self-confidence. "I've been around Congress for a long time. I knew what I was getting into. There won't be any surprises."

Emphatically, he concluded, "I don't intend to let either side down."

Don't exaggerate anti-semitism, Jews have friends

He believes one shouldn't exaggerate the extent of anti-semitism, despite the existence of Canadians like Jim Keegstra, the Eckville, Alberta, mayor who propagated the view that the Holocaust was a hoax.

Anti-semitism doesn't play a substantial role in mainstream sectors of Canadian society, and the anti-semitism espoused by Keegstra definitely belongs to what he called the "lunatic fringe."

Harris, in common with other Jewish leaders, was "very disappointed" with Alberta premier Peter Lougheed's statement on the Keegstra affair. "It was incumbent on him to contradict Keegstra's words. He should have stated very clearly that Keegstra's remarks are completely wrong, not merely distorted."

According to Harris, Jews have more friends and sympathizers out there than they realize.

World-National

DIARY ...of a People

By DAVID BIRKAN

On July 4, 1946, 43 Jews were killed and many more wounded in a pogrom in Kielce, the largest attack on Jews in Poland since the Nazis were defeated.

Kielce, in southeast Poland, registered its first Jewish community in 1868, after numerous efforts to settle were foiled by prohibitions and expulsions. By 1909, its Jews numbered over 11,200. A pogrom in 1918 failed to check the community's growth; by 1921, its 15,530 Jews represented more than one third of the city's overall population. Jews were instrumental in the development of Kielce's chemical, machinery and metals industries, as well as its banks.

The German army entered on Sept. 4, 1939. Amid mounting but still random terror and persecution, its Jewish population of about 22,000 (several thousand fled to Russia at the outbreak of war) was augmented by an additional 3,000, deported from Lodz, 90 miles northwest and a few from Vienna. A ghetto was decreed. On the eve of Passover, 1941, the Jews of Kielce were sealed off.

Jewish leaders and intellectuals were rounded up and killed. The newly established Judenrat's first head, Moshe Pele, was soon arrested and sent to Auschwitz for resisting German orders. A second appointee proved more co-operative with the authorities.

The ghetto was declared a contagion zone (ansteckungsgebiet) and the streets sardonically renamed by the Germans. Ulica Okrzei, for example, became Jerusalemgasse, Goldsteingasse or Mojschegasse; Ul. Silniczno was Galileergasse or Jojnegasse (Jonah St.); Ul. Jasna was renamed Betlehemgasse or Isackgasse; Ul. Stolarska became Palastinergasse, Koschergasse or Davidgasse; Ul. Szydlowska was Talmudgasse, Knoblauchgasse (Garlic St.) or Ruthgasse; and Ul. Dabrowska became Hohepriestgasse, Feigenblattgasse or Maselgasse (Luck St.).

In Polish, these were known respectively as Jerozolimska (Jerusalem), Srebrnego Kamiena (Silver Stone), Zasniedziala (Tarnished), Dawida (David), Czosnokowa (Garlic), and Figowego Liscia (Fig Leaf) Streets.

Deprived of adequate food, water, basic sanitary conditions and medical supplies, 4,000 people died during a typhus epidemic in 1941. In a 3-day period in August 1942, 21,000 Jews were deported to Treblinka and destroyed.

Kielce's remaining 2,000 Jews were transferred to slave labor camps. About a year later, half were deported to other camps, where all but a handful were worked to death. In August 1944, with the Red army pushing through rapidly from the East, Kielce's remaining Jews were sent for immediate extermination to Auschwitz and Buchenwald.

After the war ended, some 200 Jews managed to straggle back to Kielce. They tried to reinstitute some form of community life and reclaim homes and possessions now held by Poles. Polish anti-semites reacted in anger and dismay.

The Jews refused to leave. The anti-semites, with the co-operation of the local Communist authorities seeking a traditional diversion from the imposition of rigid rule, began stirring up the populace. On July 3, 1946, local police confiscated whatever small arms the Jews still had in their possession. The pogrom broke out the next day.

For a remnant still reeling from the Holocaust, it was an unexpected blow, and stimulated thousands of newly returned Jews across Poland to head for the West or Palestine.

Canadian companies are honored for aiding Canada-Israel trade ties

TORONTO —

A number of companies across Canada were honored at a recent ceremony for their efforts over the year in developing Canadian-Israeli commercial ties. Awards were presented by Israel minister of industry and trade Gideon Patt.

Receiving the Israel Export Award were:

Airtek Ltd., Montreal; Allied Food Distributors, Montreal; Antwerp Diamond Co. Ltd., Toronto; Argus Optical Frames, Toronto; Armoral Inc., St. Hyacinthe; Atlantic Trading Co., Toronto; Aurora Engineering Industries Ltd., Brampton;

Bank Hapoalim (Canada); Bank Leumi Le-Israel; CIHT Inc., Montreal; Campus Craft Ltd., Edmonton; Canada-Israel Chamber of Commerce; Caneast Foods Ltd., Montreal;

Cansew Inc., Montreal; Cavendish Farms, Moncton; Chipman Inc., Stoney Creek; Chorney Chemical Co., Toronto; Joseph Cipelli Commodities Ltd., Toronto; Deauville Converters Ltd., Montreal; Comptel Distribution Inc., St. Laurent; Diatool Co. of Canada; Downsview;

Eaton's, Toronto; El Al Israel Airlines; Elscint (Canada) Ltd., Markham; FBI Foods Ltd., Montreal; Fashions of Israel Inc., Montreal; Frontenac Fabrics Inc., St. Laurent; G.K. Industries, Rexdale; Galilee Wine Co., Thornhill;

Global Upholstery Co. Ltd., Toronto; Philip Green & Co. Ltd., Toronto; S. Gross and Son Diamonds Ltd., Toronto; Hahamovitch Kosher Imports Inc., Montreal; Holtzheuser Brothers Ltd., Toronto; Hirsh Imports Inc., Montreal; Hudson's Bay Co.; Les Importations B.M., St. Laurent; International Air Compressors Ltd., Scarborough;

Isolation Systems, Toronto; Israel Discount Bank of Canada; Jason Industrial Canada Ltd., Dorval; Jensen Fitting Mfg. Ltd., Mississauga; Judaica Sales Reg'd, Montreal; Kar Industrial Ltd., Montreal; Samuel Kleinberg Jewellery Ltd., Toronto; Kofman Barenhotz Foods Ltd., Toronto; Lace Plastics Ltd., Montreal;

Levy Industries Ltd., Toronto; Logan Design Systems Ltd., Toronto; Main Rubber Products of Canada Ltd., Vaudreuil; Maison Remy et Associes, Montreal; Mammon-Benpa Diamonds Ltd., Toronto; Manray Industries Ltd., Prescott; Maskit International Imports Inc., Toronto; May & Baker Canada Inc., Mississauga;

Melnor Manufacturing Ltd., Brantford; William Moll Diamonds Ltd., Toronto; Motorola Dacsan Ltd., Willowdale; National Blade Co. Ltd., Downsview; Newman Tools, Montreal; Olympia Floor & Wall Tile Co., Toronto; J. Pascal Inc., Montreal; People's Jewellers, Toronto;

Permaco Specialties Ltd., St. Leonard; The Pigment and Chemical Co. Ltd., Cote St. Luc; Pratt & Whitney Aircraft of Canada Ltd., Longueuil; Rotair Industries Ltd., Burnaby; S & D Sales, Downsview; Simpsons; Specialty Steels-Intsel of Canada Ltd., Mississauga; Spices and Botanical Products Ltd., Montreal;

Sputz & Remer Co. Ltd., Montreal; Symak Sales Co. Ltd., Montreal; Telecommunications Terminal Systems, Toronto; Tool and Cutter Supply Co., London; Triangle Import & Export Corp., Dorval; Woodward Stores Ltd., Vancouver; Zim Lines, Montreal.

Patt was in Toronto to announce the formation of the Canada-Israel Institute for Industrial Research and Development, a joint bi-national body to facilitate co-operative scientific and technological developments.

Tel Aviv University

Cummings re-elected; new president named

TEL AVIV —

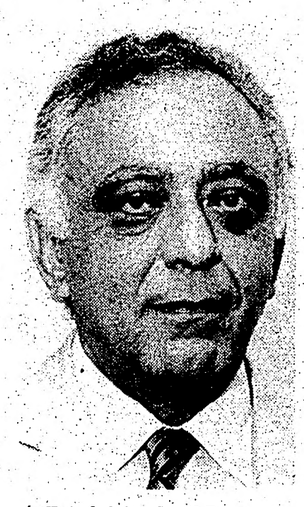
Prof. Moshe Many, professor of surgery at Tel Aviv University's Sackler faculty of medicine and chief of the urology department of the Sheba Medical Centre, Tel Hashomer, has been elected president of Tel Aviv University.

He joined the staff of Tel Aviv U in 1964 as assistant dean of the faculty, upon the establishment of the Sackler faculty.

He has also served as chairman of the division of surgery at Sheba Medical Centre, as visiting professor at the division of urology, UCLA, has been a Research Fellow of the New England Medical Centre Hospitals, Boston, and the Massachusetts Heart Association, and has been connected with the Hospital for Sick Children, Toronto, Paris Universtiy Hospitals, and Tufts University Graduate School of Arts and Sciences, Massachusetts.

His public activities include: serving as chairman of the executive committee of Magen David Adom in Israel; membership in the central committee of the Israel Medical Association; and serving as chairman of the Non-Resident Fellowship of the Israel Medical Association, assembling a membership of 12,000 physicians, Jews and non-Jews, from all over the world.

Many served as a surgeon in the Belgian Congo in 1960 as a member of an Israeli medical relief team.



Prof. Moshe Many

Jack Cummings

Many, born in Israel in 1928, is married and has two daughters. His wife, Amira, is an associate professor of hematology at the Sackler faculty of medicine.

* * *

Jack L. Cummings of Montreal was recently re-elected for a second term as chairman of the board of governors of Tel Aviv University.

A prominent community and business leader, Cummings has served on the board of the Canada-Israel Foundation for Academic Exchanges, Allied Jewish Community Services, Canadian Jewish Congress, Jewish Communtiy Foundation, Jewish Community Research Institute, Jewish General Hospital, The Canadian Jewish News and Ben-Gurion University.

A member of the executive committee of Aberford Resources Oil Co., he is also a partner in Maxwell Cummings and Sons and has served as a director of the Trizec Corporation.

Massive deficits predicted in Israel if changes not made

JERUSALEM [JTA] —

The International Monetary Fund (IMF) has sharply criticized the Israel government's economic policy and predicted massive deficits for Israel by 1985 if the present policy is continued.

The IMF, of which Israel is one of 150 member states, functions as a world bank, rendering assistance to foundering economies on condition that the recipient government imposes firm, often austere measures. Israel, as a member of state, received the report on its economy which was classified as confidential. But Yedoit Achronot published last week what it said were the criticisms.

According to the newspaper, the IMF expressed doubt over the treasury's forecasts with respect to inflation and the balance of payments deficit. It recommended a speed-up in devaluation of the shekel and a decrease in real wages.

The IMF said the slow rate of devaluation was the chief reason why Israel's exports have slumped causing the balance of payments gap to widen.

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LETTERS TO THE EDITOR

Letters are welcome if they are in English, brief [no more than 250 words], typewritten [double spaced, please], free of libel, and of interest to our reading public. We reserve the right to edit letters.

* * *

SHAME OF SHARON

After reading your articles, The Sharon visit to Montreal, (CJN June 9), one is left with the impression that only anti-semitism and racism could have inspired the protest demonstration against Sharon.

May I remind you that it was the Israeli people, 400,000 of them, who called for an inquiry of Sharon's role in the tragedy of Sabra and Shatila.

That it was the Israeli cabinet which appointed a commission of inquiry of two justices of the Supreme Court and a general.

That it was this impartial commission which accused then Defence Minister Sharon of non-fulfilment of duty and called for his resignation or dismissal.

To invite Ariel Sharon to Montreal with such a record (and see his presence there defended by the Comite Quebec-Israel, the Canadian Jewish Congress, the Canadian Zionist Federation and B'nai B'rith!) is not only in poor taste, as Premier Levesque remarked. In my opinion, it represents a total lack of sensitivity and moral responsibility on the part of a community considered "wonderful" by Sharon but of which — at least on this occasion — I am deeply ashamed to be a part.

Marlyse Wittenberg
Toronto

* * *

PLASTERING OVER

The invitation of Ariel Sharon to speak in Montreal was an affront to the spirit of law and democracy that is desperately being preserved in Israel.

Evidently, the organizers of Sharon's visit to Montreal wanted to plaster over the wrong that has been done. Evidently, the organizers of Sharon's visit believe the Kahan commission should be forgotten. Evidently, the Kahan Commission taught them nothing.

Robert Shultz
Montreal

* * *

BLEEDING HEARTS

A letter appeared recently in The Canadian Jewish News, signed by Dr. Lise Winer, castigating the News about an article on Grenada and adding her suggestion that we become better informed.

To this I would like to add that Grenada's left wing dictatorship has put people in jail for their political beliefs, which she euphemistically calls "preventive detention."

Also at the recent third world congress in New Delhi, Grenada's leader, Mr. Bishop, led the movement to establish a Palestine state and to eradicate Israel and wipe its name from the map.

Just recently, this Mr. Bishop was in the United States, hat in hand, trying to drum up support, economic and otherwise. It appears that his Russian and Cuban masters are not coming across, in spite of ideology.

All these bleeding hearts ought not to confound their wishful thinking with the facts as they are. The only way these totalitarian regimes can achieve fulfilment is to eliminate the existence of true democracies.

Ben Shara
Montreal

* * *

TWO POINTS

I am writing in response to an article which appeared in your newspaper on June 2, entitled Epelbaum seeks world support to find family.

I am a cousin of Mrs. Epelbaum, and I was pleased with the coverage given to her by your reporter.

However, there were two points not brought to light in the interview:

Firstly, the disappeared were not guerrillas. The guerrillas were not active in the cities during the "dirty war." The disappeared were very often students who dared to offer verbal criticism of the government, or lawyers who tried to defend them or simply tried to determine their whereabouts.

In countless cases, an individual who was unlucky enough to be in an address book would be picked up supposedly for questioning, but ultimately would disappear.

Disappeared were made up in great part of students and professionals.

Secondly, this cause is not a lost cause. The pitiful few who have been released recently from Argentine prisons have indicated that there are still detainees alive in prison. Even if there are only a few of the disappeared who could be saved, surely the fight to determine their fate cannot be abandoned simply because the Argentine government has declared them "administratively dead."

Mrs. Charles Zaionz
Toronto

* * *

RAUCA & KEEGSTRA

The extradition of Helmut Rauca to West Germany, where he will stand trial for the murder of 11,584 Lithuanian Jews during the World War II, will be greeted by right-thinking Canadians as a just decision.

Of great importance, to the memory of the victims of the Holocaust, will be the presentation of evidence to again reaffirm that the horrors of the Nazi era were real.

If need be, transcripts should be supplied to the mayor and the members of council of Eckville, Alberta, and perhaps to the minister of education of Alberta, who could distribute copies to the former students of James Keegstra, ensuring that at least one copy is delivered to the Progressive Conservative member of the Alberta legislature, Stephen Stiles.

It is appalling that racists can not only attain high office in Canada, but that notwithstanding their exposure, they are still permitted to keep their positions.

The trial of Rauca will serve as a reminder that the Holocaust did take place, and will never be permitted to recur.

Bert Raphael
Toronto

* * *

THANKS FROM MAX

In a recent letter to the editor (CJN March 24), I explained that my brother Daniel and I owned and operated the Eagle Publishing Co., and the publications The Jewish Eagle and Canadian Jewish Chronicle after the death in 1949 of their founder, our late father Hershel Wolofsky.

In the CJN June 16, Peretz Pevzner writes to inquire whether the Daniel Wolofsky referred to is the same person who, in 1923, was scoutmaster of the 62nd YMHA Boy Scout troop in Montreal and with whom Pevzner had spent a summer at Boy Scout Camp Tamaracouta as a member of another Scout troop.

It was the very same Max Wolofsky, not his brother Daniel, who was the scoutmaster in question and who spent that summer at Camp Tamaracouta.

Thnak you, Mr. Pevzner, for recalling to memory this very pleasant interlude of 60 years ago.

Max Wolofsky
Montreal

* * *

ALTALENA MEMORIES

Re Baruch Saville's June 9 article on the Israeli-bound refugee ship Altalena:

Saville, who was aboard the Altalena, seems to have a short memory. He recalls that on June 19, 1948, upon landing at Kfar Vitkin and proceeding to unload the arms cargo for the Irgun, the ship was fired upon by the Haganah, not by the Arabs.

He forgot to mention that the Irgun had signed an agreement with the Provisional Government of Israel. This agreement contained the following provisions:

1. Irgun members will join the Haganah and take the oath of allegiance to it.

2. All arms will be placed at the disposal of the High Command of the Haganah.

3. The Irgun will cease to exist as a military unit.

4. The Irgun will end all independent activity to obtain arms and equipment.

5. All procurement sources for arms and equipment would be disclosed to the Provisional Government.

However, the Irgun declined to hand over the ship and its contents to the government. After a speedily convened meeting of the cabinet it was decided to enforce the law and the agreement.

The Altalena slipped away from Kfar Vitkin for Tel Aviv. Another extraordinary meeting of the cabinet was called and it decided that the mutinous craft must surrender. This was met with defiance, before the Altalena received a direct hit and went under.

As Ben Gurion put it in his statement to the Provisional State Council on June 23, 1948:

"It is tragic that we should have to use force against fellow Jews. But it is a far greater tragedy that they should have forced us to do it; that they should have broken their promises and belied their declarations. I have the agreement here with me. It was signed by the commander-in-chief of the Irgun."

Meyer Mandel
Toronto

Immigrants form groups to help each other settle in new homeland

By
PATRICIA RUCKER

TORONTO — Russian Jewish immigrants to Canada are taking over some of the responsibility of helping each other to settle in their new homeland.

The formation of self-help groups was one of the most exciting developments at the first national workshop for Canadian Jews from the Soviet Union, sponsored recently by Jewish Immigrant Aid Services of Canada.

Gordon Kaufman, national executive vice-president of JIAS, calls the concept of Russian immigrants helping other Russian immigrants "one of the most important means by which the goal of their acculturation into Canadian Jewish society can be achieved.

"Our most important challenge is that we not lose, through indifference, even one Soviet Jew who, because no one cared, just disappeared into our highly urbanized Canadian society," Kaufman says.

The workshop, which received support from three federal agencies (immigrant settlement, multiculturalism and the Canada Employment Commission), was held in conjunction with the fifth national JIAS staff conference.

For three days, top professional staff, volunteers, and leaders of Russian Jewish immigrant communities across Canada came together in the relaxed atmosphere of the Maple Lake conference centre in nearby Parry Sound, operated by the Jewish Camp Council.

Shirlee Fox, a JIAS staffer from Halifax, where some immigrants have settled, found that "being able to meet with these new Canadians under informal circumstances was a great learning experience for me."

Acculturation for Russian Jewish immigrants is a double task. As Kaufman points out, they have not had the opportunity to learn about their own religious and cultural heritage in the USSR, so they must learn to become part of the Jewish community.

Looking for work presents problems

Even such commonplaces of Canadian Jewish life as the annual United Jewish Appeal drive appear strange to immigrants from a country like the USSR, where private charities do not exist.

Secondly, Russian immigrants come from a society with a completely different economic base, so they must learn how to find their way in Canadian society.

One of the problems addressed by the workshops was finding a job — how to prepare a resume, how to retain and take advantage of language programs, "how to stand out from the crowd."

For many Russian Jews, accustomed to the Soviet system of government-assigned jobs, the idea that one has to find one's own employment comes as a shock.

Another serious problem is the care of the elderly. Soviet policy requires that aging parents emigrate with their adult children. These elderly immigrants arrive in Canada with no pensions, too old to find a job, and unable to meet residency requirements for Canadian old age security programs.

Several self-help groups are now in existence, in Montreal, Toronto and Vancouver, with a potential nucleus for other groups in Edmonton, Calgary, Winnipeg, Windsor, Hamilton and London. Plans are going ahead to build up a network of these groups across the country, and to begin publishing a national Russian-language magazine with a "decidedly Jewish flavor," to be sent to all Russian Jewish immigrants in Canada, Kaufman stated.

Kaufman was especially enthusiastic about the emotional rapport that developed between the professionals, the volunteers, and the people they serve. "They'll never be the same again," he smiled. "It was a totally Jewish experience — a very warm, fulfilling and enriching time for all of us."

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World-National

A "good heart" is best way for man

Peirik offers treasure trove of moral guidance

By
J. B. SALSBERG

As all original readers of this privileged corner know, we get together once or twice each summer to savor the moral and ethical bonbons that are to be found in the Peirik (full title — Pirkei Avoth). It is truly a treasure trove of moral and ethical guidance for all who strive to be worthy of the title "mensch," which means a decent, considerate and moral person.

J. B. Salsberg

For millenia this guide to moral behavior was read, or studied, every Sabbath in practically all Jewish communities.

Where I came from all school children would gather in their respective cheder [elementary school, usually in the home of the teacher], there to be guided through a portion of Pirkei Avoth. This was a pleasant experience, since the rebbe would be in a friendly and relaxed mood, the session didn't last long and the children were duly impressed by the moral lessons that were imparted to them.

To this day when I hear people talk about the virtues of Judaism or Yiddishkeit I cannot help but wonder how much of the teachings of the Peirik they, in their personal lives, practice the injunctions of Pirkei Avot . . . of Peirik. (For the wiseacres who, rather than examining their own pattern of life, will prefer to ask me whether I am guided by the Peirik, to them I would reply that I try to do so but have not yet succeeded to reach the level of complete observance that my father, of blessed memory, had achieved.) Anyway, that's not what I started out to say. So let's return to what I did intend to write about.

All dedicated readers also know that some summers I take the liberty of quoting from the ethical sayings of the truly great, from the renowned Musar (moral preaching) movements. Today, since this paper will take its annual 2-week summer vacation and you, my friends, will be deprived of the treasures that I, your humble scribe, and the other stars of this publication's illustrious firmament shower upon you the other 50 weeks of the year, I can think of no greater service than to turn your attention to the Peirik and to similar sources for your ethical sustenance. So, harken, please.

Hillel the Elder (born about the middle of the Christian century) upon seeing a skull floating down the river said to it: "Because you have drowned others, they have drowned you; but those that drowned you will, at the last, themselves be drowned."

He also said: "My humiliation is my exaltation; My exaltation is my humiliation."

When a man of wealth became poor, Hillel provided him with a horse to ride upon and with a servant to run before him. One day he could not find a servant so he, himself, ran before him for three miles.

A non-Jew came to Hillel and said: "If you can teach me the whole Torah while I stand on one foot, you can make me a Jew." And Hillel said to him: "What is hateful to you, do not do to your neighbor; that is the whole Torah. The rest is commentary; go and study."

Johanan ben Zakkai, a disciple of Hillel, asked his favorite students to "go forth and see which is the good way for man." They returned, each with his own preference. Ben Zakkai gave preference to the one who thought that "a good heart" is the most important attribute that a person should seek.

Reb Mendel of Kotzk, one of the most fascinating and stimulating of the Chassidic world, said of another famous rabbi: "That's a tzadik in a peltz (fur coat)." When a disciple of his asked what he meant by that description, Reb Mendel replied: "One man buys himself a fur coat in winter, another buys kindling. What is the difference between them? The first wants to keep only himself warm, the second wants to give warmth to others too."

The Kotzker once said to his disciples: "The souls descended from the realms of heaven to earth on a ladder. Then it was taken away. Now, up there, they are calling the souls home. Some do not budge from the spot, for how can one get to heaven without a ladder? Others leap and fall, and leap again and give up. But there are those who know very well that they cannot make it, but try and try over and over again until God catches hold of them and pulls them up."

A man came to the rabbi of Kotzk and told him his trouble. "People call me a bigot," he said. "Why a bigot, why not a pious man, that I am?" And the Kotzker replied: "A bigot converts the main issue in piety into a side issue, and a side issue into the main issue."

The Kotzker also said: "When a man makes a reverent face before a face that is no face — that is idol worship."

I could go on and on in this manner, but my good uncle Eliezer hovers around me and asks very odd questions. He wants to know what Hillel would have said about a rabbi in Israel who forbids his followers to answer questions that the Israeli government is asking of all its citizens in the census, that it is now taking.

The rebbe in question is afraid that by answering the census taker they will inadvertently acknowledge the Jewish state . . . and that is forbidden.

My good uncle also wants to know what Hillel would have said to a bigot like the one in New York who cut off the beard of a rabbi who was teaching the fundamentals of an opposing chassidic body to some members of the bigot's special persuasion.

I persuaded my uncle to leave things alone for this once. There is a time and place for everything, I said, but not when we are dealing with what Reb Mendel Kotzker called fundamentals. Uncle Eliezer saw the point.

So, my good people, a healthy and enjoyable summer to all of you. But do try to read Pirke Avoth during the summer.

Non-Jews buy one-third

Bond sales in 82 up 30% over the year before

By
ZEV KALIN

OTTAWA —

Of the $500 million [U.S.] invested in State of Israel Bonds last year, one-third came from non-Jewish sources.

And despite unfavorable media publicity about the Lebanese conflict, 30% more Bonds were sold than in 1981.

These two points should confound critics who have been watching for signs of a faltering support for Israel, General Yehudah Halevy, president of the worldwide State of Israel Bonds Organization, said here recently.

Halevy was addressing a gathering of over 50 rabbis, lay leaders and professionals from across the country who gathered in Ottawa for a 1-day conference on the role of the synagogue in the promotion of bond sales.

The conference is the first of its kind in seven years, and its organizers are considering reinstating it as an annual event.

Halevy expressed concern that, while sales have increased steadily each year, the number of purchasers has gone down.

"It is more important that 80 people . . . buy one thousand dollars worth of bonds each, than one man buying one hundred thousand," said Halevy.

Statistics revealed at the conference indicated proceeds from 1982's High Holiday campaign were down from a similar period the previous year. The Ottawa, Winnipeg, and Vancouver campaigns suffered losses of $108,000, $148,000 and $220,000 respectively.

Abe Klugsberg, Ottawa director of State of Israel Bonds sales, said this was not a true representation of last year's campaign, since many people bought early because of the war in Lebanon, and overall sales for 1982, he added, enjoyed an increase of approximately 30%.

In an interview after his address, Halevy mentioned a new type issue, the Variable Rate Bond.

These bonds are available now for the first time in Canada. For an investment of $25,000 employee benefit funds, foundations and public endowment funds can receive interest at a rate of at least 7.5%. Should the average prime rate in the U.S. be higher, these bonds will pay half the difference, calculated semi-annually.

The term of Variable Rate Bonds is 12 years, but they show considerable flexibility in terms of redemption, he said.

Halevy stresses that States of Israel Bonds should not be presented as a charity, or "rachmunis," but as a dignified investment in a strong Israel, whose real dividend is a strengthened Jewish people.

When Solicitor-General Robert Kaplan addressed the group at a luncheon, he reinforced Halevy's assertion that "helping Israel is helping ourselves."

He said: "The existence of the State of Israel is something that helps explain why there are three Jews in the cabinet of the present Canadian government. . . . And if Israel is in trouble, it's extremely important for our standing and pride in our own country that we take their cause, because we went up with Israel and we can go down with Israel, too . . . Israel, in my books, is a domestic cause."

Revival reported for Yiddishkeit

[Cont'd. from page 1]

thought he could have been in Israel.

There are of course gaps in their Jewish education, and the request most made of Wilchesky is for those in the West to teach them something about Judaism.

They obviously need texts (by some quirk, Wilchesky was able to get Hebrew books past customs), but also like music tapes (Naomi Shemer and Shlomo Carlebach are particular favorites). Tape recorders and good cameras, with which they can photograph pages from texts in short supply, are also wanted.

Beefing up the content in letters and cards to Soviet Jews could help. Even schoolchildren can pass on some nuggets of information, instead of sending simply holiday greetings, Wilchesky was told.

More and more, Jews are asserting their rights as "guaranteed" under the Soviet constitution and confronting the government, he said. For example, in Riga, where Wilchesky found about 25 Hebrew teachers, one couple, fearful of their neighbors betraying them, took the bull by the horns and actually asked the government authorities if they could hold a class in their home. A functionary visited their apartment and told them there was no objection — at least for now.

In Riga, Lightstone gave a lecture on "Magic and Mysticism in Judaism," which was much appreciated by those who gathered at the apartment that Friday night and was taped for use at other seminars.

Although the harassment and risk of loss of employment or even imprisonment continue, Wilchesky returned from the Soviet Union decidedly optimistic.

"These Jews are deeply committed despite all the setbacks," he said. And if the time comes when they are permitted to emigrate they will be prepared for life in Israel, not like the many Soviet Jews of the 70s who dropped out."

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Israel seeks Canadians for unique plan

By PATRICIA RUCKER

TORONTO — Wanted: young Canadians to work in Israel in a unique training program involving Jewish-Arab co-operation in community work.

No Utopian ideal, Interns for Peace ("intern" as in "trainee," not as in "doctor") is an independent, non-political organization that has been bringing Israeli citizens, Jewish and Arab, together since 1976. There are presently 13 interns in the field, working under the direction of Rabbi Bruce M. Cohen, a native of New Haven, Conn.

Barbara Gochberg, the 23-year old North American director of the organization, was in Toronto recently to publicize its work and attract Canadians to its 2-year internship program. She was accompanied by Mahmoud Abu-Baka, a news editor in the Arabic section of Israel Television and a member of the Israeli board of advisors of Interns for Peace.

Abu-Baka, 38, whose family are residents of Zalafa, a small village near Haifa, is committed to the future of the Arabs in Israel. "I was born in Israel — my family has been living there for 1,000 years. I believe that the destiny of the Jews and the Arabs is to live together, and going the route of war will not solve any problems," he declared.

Kids see each other as people

He was attracted to the Interns for Peace program because of its heavy emphasis on person-to-person contact. IFP links two pairs of villages, the western Galilee communities of Tamra (Arab), and Kiryat Ata, and Pardes Hannah-Karkur and the Arab town of Kfar Kara, east of Hadera. Interns live and work with the villagers, as social workers and educators. A typical project involved bringing schoolchildren from the two Galilee villages together to study the history and geography of the region — a region which is home to both of them.

"When kids work together on a common theme, they get to know each other as people, not as Arab and Jew," Gochberg explains.

Two years ago, at an IFP-sponsored family picnic, Jewish and Arab participants found themselves discussing a joint Jewish-Arab factory. Out of this informal conversation has come a proposal to establish a joint industrial enterprise in each of the paired villages.

The objectives include equal Jewish-Arab partnership in the management and staffing of the factory, and a program to train members of both the Israeli Arab and the Sephardi Jewish communities for high technical and management positions. A feasibility study is now being funded by the Ford Foundation and the Samuel Bronfman Foundation.

Many of the Jewish interns are North Americans, and so Gochberg is particularly enthusiastic about the opening of an office in Tel Aviv, "a permanent place on the map of Israel." A recruitment ad in a Hebrew-language Israeli newspaper drew 20 responses from both Israeli Jews and Arabs overnight, and she is hopeful that the office will become a centre for outreach to the urban population of Israel.

The effectiveness of Interns for Peace in bridging the gap between Arab and Jew was tested to the limit when news of the deaths in the Shatilla and Sabra camps in Beirut reached the two Arab villages. Many of the residents of Tamra were mourning relatives when a small group began distributing a leaflet expressing extreme hostility to the IFP and attacking the Tamra community council for providing free housing to the interns.

As Gochberg recounts it, "as the leaflets were being passed around at a rally, teen-age boys who had been involved in the previous summer's IFP activities began collecting them and tearing them up. Some of them were in tears."

A former student at a religious seminary in Jerusalem and a graduate of the University of Pennsylvania in social history, the American-born Gochberg sees Interns for Peace as "a way of building Israel as a strong democracy — to make the dream real."

For Abu-Baka, the issue is survival. His family has many close personal ties with Israeli Jews — and "thousands of relatives on the other side."

For him, Jewish-Arab co-operation "is not a question of being hopeful — there is no choice. I am not living in a space alone."

Additional information can be obtained from Interns for Peace, 150 Fifth Ave., Room 1002, New York, NY 10011.

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Goldie Semple as Candida

CANDIDA

by Bernard Shaw

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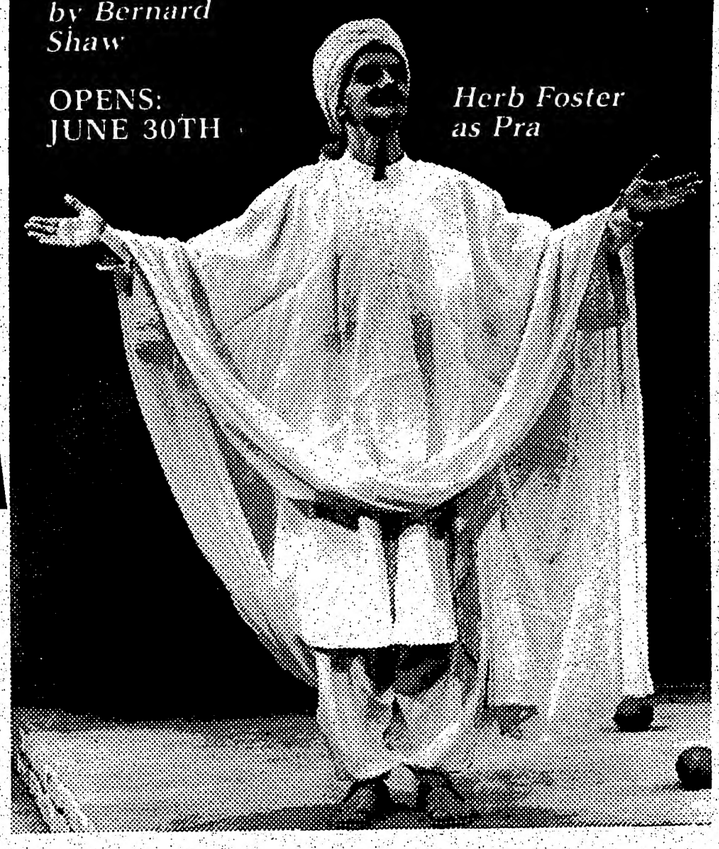
from The Simpleton of the Unexpected Isles

THE SIMPLETON OF THE UNEXPECTED ISLES

by Bernard Shaw

OPENS: JUNE 30TH



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Organizations and People

What's New

By
MIRIAM HERMAN

HOLIDAY DEADLINES

As The Canadian Jewish News staff is going on vacation June 27-July 11, there will be no issues of the paper July 7 and July 14. We will be back for the July 21 issue and the deadline is noon, Thursday, July 14.

BAIS MEDRASH N'SIVOLAM

A new series of halacha classes for chassidim will begin at N'Sivolam, 60 Marathon Cres., Willowdale, starting Monday, July 4, at 8 p.m. The series will run on four consecutive Monday evenings. Lectures will be delivered by **Rabbi Reuven Silver**, dean of N'Sivolam. For further information, call N'Sivolam at 223-8599.

KOSHER HOSPITAL DIETS

The chaplaincy services of Toronto Jewish Congress reports that therapeutic kosher diet trays (diabetic, gastric (soft) and salt-free) are now available to acute, chronic and convalescent hospitals in the Metro area.

A variety of trays, both dairy and meat, are prepared and frozen daily by Baycrest Centre's food services department, conforming to the recognized standards of kashruth. The diet staff of each hospital can implement this service for patients who request kosher food.

DORIS' MUSICAL VARIETY SHOW

Doris' Musical Variety Show of the Centre for Creative Living is a popular and versatile group of senior entertainers under the direction of **Doris Fleishman** accompanied by pianist **Elaine Duff.** Here's a list of the group's July performances — Tuesday the 12th, True Davidson Home, 200 Dawes Rd., at 1.45 p.m.; Tuesday the 19th, at Temple Sinai, 210 Wilson Ave., at 2 p.m.; Tuesday the 26th, Rockford School, 60 Rockford Rd., at 10.30 a.m.

For further information about this group you can call 248-4764 or 222-7422.

CAMPS USY AND KADIMAH

Registration is still open for Camp USY (grades 9-13) and Camp Kadimah (grades 6-8) for Aug. 23-30 at Camp Ramah. Programs include skiing, canoeing, swimming, tennis, land sports, challah baking, havdalah candle making, T'filot, study seminars and much, much more. Cost is $169.99 and is all inclusive.

For information and/or applications, contact **Jodi Harendorf** at 222-2237 or **Jack Feldman** at 630-1739 or the USY regional office at 781-6908.

JIAS ON THE MOVE

As of July 6, Jewish Immigrant Aid Services [JIAS] will be located at 4600 Bathurst St., suite 325, Willowdale, M2R 3V3. The new telephone number will be 630-6481.

WHAT'S NEW IN OLD BUILDINGS?

Children ages 8-14 will discover what's new in old buildings through a guided walking tour along historic Bond St., and around the Old Town of York every Wednesday morning from 10 to 12 noon during July and August.

Starting at the Mackenzie House, 82 Bond St., the children will see buildings built during the lifetime of **William Lyon Mackenzie**, Toronto's first mayor and leader of the 1837 rebellion. After the walking tour the children will visit his home where they will take a turn on his 1845 printing press, play a game of croquet in the garden and enjoy lemonade and cookies.

The cost for this summer program is $2 per child. Please pre-book by calling 366-1371 or 595-1567.

WORKING WOMEN'S SUPPORT

Are you trying to be a superwoman — an outstanding worker, a devoted mother and a terrific wife? Wondering how to juggle it all? A new Working Women's Support Network has been organized for working women and those about to enter the work force. Groups are funded by the federal government and are free of charge. They meet weekly to provide a relaxed, informal setting where women can enjoy discussing such mutual concerns as time management, family relationships and stress prevention.

Groups also help women prepare for employment.

Six groups are held at the following locations — Central Eglinton Community Centre (3rd floor, Eglinton and Mt. Pleasant); Deer Park Library (Yonge and St. Clair); Forest Hill Library (Eglinton and Vesta); Wallace-Emerson Community Centre (Dufferin and Dupont), and Wychwood Library (Bathurst and St. Clair). For details, call the network office at 489-4632.

TOUR OF U OF T CAMPUS

Summer is here and so are the free campus tours offered by the University of Toronto. Now in the ninth season, the tours started June 1 and will run to Sept. 2.

Conducted by student guides and senior alumni, the hour-long tours begin in the map room of Hart House, west of Queen's Park Cres. at Wellesley St. at 10.30 a.m. and 12.30 and 2.30 p.m., Mondays to Fridays.

Arrangements should be made in advance for group tours or tours conducted in French, Spanish, German or Italian. Call 978-5000 for information.

CANADA DAY AT GIBSON HOUSE

There is lots to do at Gibson House on July 1 to celebrate Canada's birthday. From 12 noon to 5 p.m. the historic house and galleries will be open free of charge to all visitors.

An important exhibition, loaned from the London Regional Art Gallery, entitled Rediscovery, Canadian Women Photographers 1841-1941, will be opened. View the show and have a slice of cake with a glass of ginger beer to celebrate July 1.

The Gibson House is located at 5172 Yonge St.

SKYLIGHT THEATRE

The Skylight Theatre, Canada's only free professional, open-air summer theatre, newest production will be an adaptation of The Hunchback of Notre Dame scheduled to open July 12 at Earl Bales Park. The play has been adapted from the Victor Hugo novel by **Lewis Baumander,** founding member and artistic director of Skylight Theatre, and **Richard Whelan**, Canadian playwright and a veteran actor of Stratford Festival.

Admission remains free and the $93,000 production is being subsidized by a fund raising raffle.

COMEDIANS FOR BONDS

State of Israel Bonds New Leadership Division chairman, Bill Kassel and his wife Carol [right] are amused at the antics of the entertainers of the Evening of Comedy and Dancing, Yuk Yuk's comedians Larry Horowitz, Simon Rakoff and Howard Nemetz [third, fourth and fifth from left]. About 150 people attended the event which was co-ordinated by Stan and Terry Budd [left]. It was held at the Toronto Island Yacht Club. [Dave Whittaker photo]

CELEBRATING 75 YEARS

The grade 5 students of the Associated Hebrew Schools [Neptune branch] celebrated the school's 75th anniversary dressed in costumes from 1907 for a birthday program which took them down memory lane. The Associated began 75 years ago in a small building on Simcoe St. with 250 students. Today it has over 3,000 students and 200 teachers. [Ben Lechtman photo]

SINGLES

Jingles, the Jewish Community Centre singles (25-35) group is going to the Royal Ontario Museum on Sunday, July 10, to see the Search for Alexander exhibit at 3 p.m. Meet at the ROM main front doors. Look for **Helen** and **Martin** . . . Jingles invites you to join the group for a visit to Ontario Place on Sunday, July 17, at 2.30 p.m. Meet at the JCC northern branch, 4588 Bathurst St. Please drive to allow for carpools. Look for **Lorne, Helen** and **Honey** . . . For information about both these activities, contact **Larry Goodman** at 636-1880, ext. 238.

Project Connect — The singles Hot Line operates Tuesdays and Thursdays from 6-9 p.m. and Sundays from 10 a.m. to 1 p.m. It offers all kinds of singles information and emotional support. The numbers to call are 487-4494 and 497-4393 . . . The one-to-one program connects the recently separated, divorced and widowed with a volunteer who has experienced the same situation. If you are interested, call 497-4494 for information . . . The Forum for Men Only takes place Wednesday, June 29, at 7.30 p.m. at the northern JCC, 4588 Bathurst St., in the committee room. There is no charge. Discussion will focus on the aspects of being single again. Call 497-4494 mornings for details.

Holy Blossom Singles 40 + group is planning a trip by bus to the Catskills for singles week in August. The trip is again being sponsored by a leading American single adults philanthropic group (over 35). Space is limited so reserve as soon as possible. For information, call **Susan Fagan** at 787-0443.

Paul's Place's second in the new series of Summer Explosion singles dances at the new Ramada 400/401 is scheduled for Thursday, July 7. It takes place in the Lady Hamilton Ballroom with the Happy Hour from 8-10 p.m. Admission is $3 at the door. The new Ramada 400/401 is located at 1677 Wilson Ave., just west of Jane.

On Sunday, July 10, join the students of **B'nai B'rith Hillel Jewish Students Union** as they take a walking tour of old Jewish Toronto. The tour takes less than 2 hours. The group will meet at the JSU, 604 Spadina Ave., promptly at 12 noon. Alternate date in case of rain is Aug. 7, with the same arrangements applying. For further information, call JSU at 923-9861.

Dimensions (18-30) is organizing a camping weekend to Algonquin Park for Aug. 12, 13 and 14. Those interested can contact **Marshal** at 222-1352 or **Ron** at 630-5562 or 633-7623. Please contact before July 10. A $25 refundable deposit is necessary.

Limited space only is available for the Catskills trip Aug. 24-28 to the Concord Hotel during singles week. Trip is sponsored by Kennedy Travel through **Stan Glass**, community volunteer and travel representative. The cost, from $499 Canadian, includes transportation, accommodation and meals at the hotel, taxes and much more. Deposits are now required. Departure is definitely guaranteed. For reservations, call Mr. Glass at 593-0600, days.

The **North-East Jewish Single Parents** group organizes a baseball game every Tuesday evening at Pineway Public School, 110 Pineway Blvd. (south of Cummer, west of Leslie). Games begin at 6.30 p.m. till dark. This is a mixed baseball league and it is free . . . There is a dance planned for Saturday, July 23, at Sheppard Centre, 50 Sheppard Ave. E. (Yonge and Sheppard) at 8.30 p.m. It is in a casual setting with dance floor, disc jockey and cash bar. Everyone is welcome. The admission is $3 for members and $5 for non-members . . . Call **Susan Levine** at the NE office at 889-0813 for further information about these activities.

The Jewish Singles Travel Registry has arranged several summer trips. Here's a list — Sunday, July 24, a trip to the 1,000 Islands; Aug. 6-7, Mexican weekend at the Constellation Hotel; Aug. 21, the Catskills; Sept. 1, New York City. For further information, call **Elaine** at 499-1584.

Solelim (20-45) summer activities include June 30-July 3, camping at Bass Lake (near Orillia); Sunday, July 10, at 1 p.m., a picnic and barbecue at Sherwood Park (Mt. Pleasant-Eglinton area). The cost is $5 for barbecue refreshments. Bring your own frisbees, blankets, chairs, and such; July 14 is the date of the **Linda Ronstadt** concert at Canada's Wonderland at 8 p.m. Only a few pavilion seats are still available . . . For all these activites, contact **Stan** at 593-0600 days, or **Simmy** at 656-1322 or **Jeff** at 783-3019.

Club Amal (23-40) invites singles to register for upcoming discussion groups. For information, contact **Sheldon** at 653-1381. Club Amal is sponsored by the Canadian Friends of Amal.

The coffee house for the **JCC Singles** [35 +] meets Monday evenings throughout the summer at 8 p.m. in Room 203 at the northern JCC. For information, call 636-1880, ext. 332, or **Doris** at 636-1687.

AT THE JCC

Recent Work By Three Canadian Sculptors, a display of works by **Angela Houpt, E. J. Lightman** and **David Pelletier**, opens at the Koffler Gallery, Koffler Centre of the Arts of the Jewish Community Centre, with a preview at 8 p.m. Wednesday, July 6, and will continue to July 31. These pieces were included in an international traveling show sponsored by the department of external affairs which opened at Canada House in London, England, last June. From there it went to Brussels, Glasgow, Edinburgh and Yorkshire.

Gallery hours are Monday to Thursday 10 a.m.-4 p.m. and 6-9 p.m.; Friday 9 a.m. to 12 noon; Sunday 10 a.m.-4 p.m. Closed Saturday. The JCC northern branch is located at 4588 Bathurst St.

Public Speaking Without Fear, a 4-week summer course, is being offered by PACE department of the Koffler Centre. Preregistration for the course, which begins Wednesday, June 6, from 8-9.30 p.m., is necessary by June 30. Fee is $25 for JCC members and $30 for non-members. For more information, call **Georgine Nash** at 636-1880, ext. 233, or the registrar's office at ext. 243 or 279.

PACE is also offering two summer Hebrew courses — Beginners with **Shlomo Anter** to run Tuesdays and Thursdays from 8-10 p.m. beginning July 5, and Intermediate Hebrew with **Meira Taube** on Mondays and Wednesdays from 7.30-9.30 p.m., beginning July 6. The fee for each of these courses is $60 for JCC members and $75 for non-members. Call Georgine Nash or the registrar's office for registration.

Another PACE offering is the Introduction to Psychology summer course being given in two sessions of four classes each, beginning July 5 and Aug. 2, from 7-8.30 p.m. Fee is $25 for JCC members and $30 for non-members. Pre-register by calling Georgine Nash or the registrar's office.

Enroll now for summer art classes at the Koffler Centre visual arts department.

[Cont'd. on page 13]

Organizations and People

What's New

[Cont'd. from page 12]

Daytime classes will deal with life drawing, stone sculpture, ceramics (handbuilding and wheel work). Evening classes will cover drawing and painting and ceramics. There are also workshops in stone sculpture, watercolor techniques and a special 3-week teen program. Call the centre at 636-1880 for information.

North-East JCC — The NE Couples Over 40 group invites you to its annual family picnic at Bruces Mill Conservation Area on Sunday, July 17, beginning at 11 a.m. Bring a picnic lunch. Fruit drinks will be provided. Everyone is welcome. Call **Susan Levine** at the NE office for further information. The number is 889-0813.

The NE Women Over 40 group's annual pot-luck dinner is set for Wednesday, July 13, at 7 p.m. Call Susan Levine at the NE office for details.

FOR SENIORS

The Joseph E. and Minnie Wagman Centre, 55 Ameer Ave., will host the walking events of the 1983 North York Senior Games. The walks will begin at 10 a.m. sharp on Sunday, July 17. Included will be a men's one-mile walk, a women's one-mile walk, a 4-person mixed team one-mile relay and a mixed 100-metre speed walk. Change rooms will be available.

There will be two age categories: 55-64 and 65 years and over. First place winners will be sent to Windsor for the provincial playoffs in August, all expenses paid. Pre-registration is required. For information call 789-5131, ext. 417. Schedules and information regarding additional events may be obtained at all North York senior centres.

Also at the Wagman Centre — The monthly book review on Thursday, July 7, will deal with The Longest War by **J. Jacobo Timerman**, reviewed by **Florence Diamond.** The group meets from 10.30-12 noon in the library. Registration is necessary. Call **Tanya Kuchinsky** at 789-5131, ext. 411 or enroll at the Wagman Centre desk.

On Sunday, July 3, **Earl Bales Seniors' Place** is presenting a full afternoon of activities celebrating Canada Day. For further details about activities and membership information, contact the co-ordinator, **Welda Allan**, at 636-7856 Monday through Thursday from 10 a.m. to 4 p.m. . . . The ballroom dancing on Wednesday evenings from 7.30-9.30 is now in full swing. Come out and have an enjoyable evening with **Ada Goldblatt.**

The **Workmen's Circle Social Club** meets on Tuesday, July 5, at noon at 471 Lawrence Ave. W. for lunch and entertainment . . . Be sure to remember to be at the club on Wednesday, July 6, at 9 a.m. for the trip to Niagara Falls . . . The Tuesday, July 12 meeting includes lunch and entertainment . . . Call **Shirley Grotell** at 222-7727 for information.

A few spaces are still available for the **Good Age** trip to Israel for Succoth and Simchat Torah. The trip is for three weeks (4-star hotels) with the last week in Netanya. The price of $2,575 each for double occupancy includes everything. Call the Good Age office at the Jewish Community Centre northern branch at 636-1880, ext. 234. Join the group for an information evening Thursday, June 30. Tickets, at $1, are available in the Good Age office. Refreshments will be served.

CENTRE FOR CREATIVE LIVING

The Bernard Betel Centre for Creative Living Sunday night dance parties continue on July 3 and July 7 at 7.30 with dancing to the live music of the Creative Band. Members are charged $2 and guests are welcome at $2.50.

On Thursday, June 30, at 6.30 p.m., the Canada Day celebration features films, magician, folkdancing, with **MPP James Peterson** cutting the birthday cake. There will be free cake and coffee, flags, stickers, buttons and balloons. It promises to be fun for everyone and all ages are welcome.

The Lifelong Learning Institute (LLI) Biblical Commentary series continues on Thursday, July 7 with **Rabbi David Cooper** of Adath Sholom Synagogue and on July 21 with **Rabbi Albert Pappenheim** of Beth David B'nai Israel Beth Am. Group meets from 1-2.30 p.m. and it is free to everyone.

About People

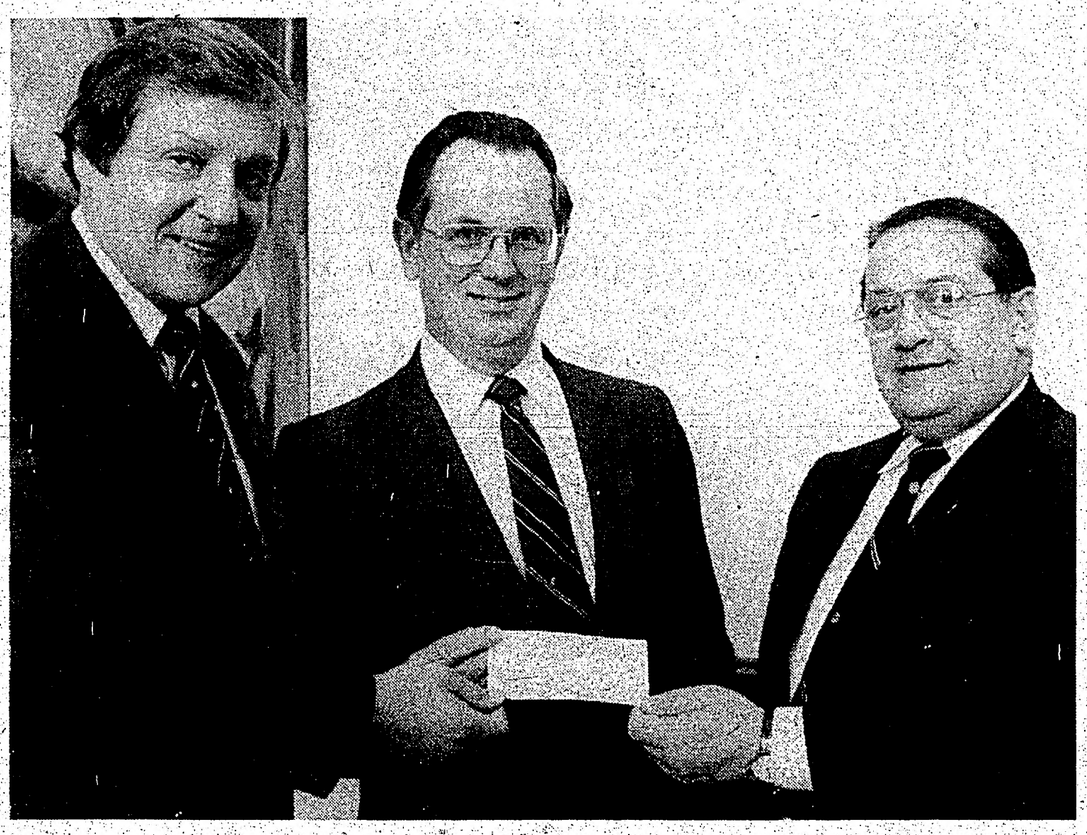
NAMED TO BOARD OF HUC-JIR

Rabbi W. Gunther Plaut, senior scholar at Holy Blossom Temple and newly-elected president of the Central Conference of American Rabbis, has been named to the board of governors of Hebrew Union College-Jewish Institute of Religion. HUC-JIR trains rabbis, cantors, scholars, religious school educators and communal workers at its four campuses in Cincinnati, New York, Los Angeles and Jerusalem.

Rabbi Plaut

TO SPEAK IN ISRAEL

Toronto dentist **Dr. Gordon Perlmutter**, international president of the Alpha Omega dental fraternity will be in Israel for a week of celebrations marking the 30th anniversary of the opening of the Hebrew University-Hadassah faculty of dental medicine founded by the dental fraternity. Dr. Perlmutter will speak at the official opening ceremony at the Jerusalem Hilton on Sunday, July 3.



TAY-SACHS DONATION

Ontario Attorney-General Roy McMurtry [left] and Etobicoke Mayor Dennis Flynn [right] presented a check for more than $4,000 to the Hospital for Sick Children Foundation for research into sickle cell anemia and Tay-Sachs disease. Accepting the check is Claus Wirsig, president of the foundation. The donation, raised earlier this spring at a St. Patrick's Day luncheon hosted by Mr. McMurtry and Mayor Flynn, will go towards ongoing education, treatment and research programs at the Hospital for Sick Children. Tay-Sachs is an inherited disease caused by an enzyme defect most common in the Jewish population of Eastern European origin.

JERUSALEM DAY IN CALGARY

Students of the Akiva Academy in Calgary, under Rabbi Baruch Hilsenrath's direction, celebrated Jerusalem Day by presenting a play, Generation to Generation. Among those attending were Calgary mayor Ralph Klein and Gideon Saguy, consul-general of Israel.

TECHNION SOCIETY OFFICERS

Jack Hahn, chairman of the board of the Canada Israel High Technology Inc., was re-elected as president of the Toronto Chapter, Canadian Technion Society, at the chapter's recent annual meeting. A founding member of the Canadian Technion Society, Mr. Hahn now serves on the Technion's international board of governors and the Canada-Israel Chamber of Commerce.

Other officers elected include **Jack Chisvin**, chairman, central region, and vice-presidents **Alan Badner, Mark Friedman, Nathan Leipciger, Barrie Rose, Alvin B. Rosenberg** and **Irving Waltman.**

PHOTOGRAPHY EXHIBIT

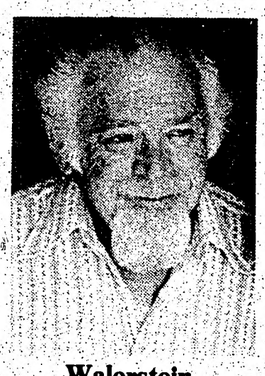
An exhibition of photographs by **Francine Dick** opens at the New Image Gallery, 2903 Dundas St. W., on Monday, July 4, and the public is invited. The one-woman show entitled Phototropic (taking a particular direction under the influence of light) focuses on a series of city images but includes some nudes and photo documentary shots. The show continued to July 23.

The artist, a professional photographer with her own studio, lives in the High Park area and is active in the Maria St. shul in the Junction.

SAD NEWS

Toronto oldtimers will be saddened to hear of the passing of **Isidor Judah Walerstein** in Jerusalem June 11, at the age of 78.

A former Torontonian, he was the son of **Abraham** and **Taube Walerstein**, whose ice cream parlor-lunch counter on Spadina Ave. was the gathering place for Labor Zionists and Jewish immigrant students back in the 20s. He helped out in the store during his youth and student days at the University of Toronto where he obtained a degree in physics.



Walerstein

After receiving his Doctorate at the University of Chicago, he joined the physics department of Perdue University in Lafayette, Ill. Following retirement in 1970, after 41 years as professor and head of the undergraduate department, he moved to Israel with his wife **Lillian** who survives him.

Also surviving him are daughters **Ruth Rosen** of San Francisco, **Janet Winston** of Amherst, Mass., and **Marcia Walerstein** of Jerusalem, and his sister **Esther Grant**, well known in Toronto as teacher and department head at Holy Blossom Temple religious school.

TEMPLE HAR ZION OFFICERS

Zelda Farber has been elected president of Temple Har Zion for the 1983-84 term. Vice-presidents are **Jerry Greenglass, Ken Saul, Ian Ser, Jessie Caryll** and **Andrew Meles.** Immediate past president is **Alan Dessau.**

The 1983-84 Sisterhood president is **Carol Austin.** Vice-presidents are **Ann Gosselin** (program chairman) and **Lynn Rae. Sandy Wine** is treasurer, **Paula Freedman** and **Joan Davidson** are recording and corresponding secretaries, and **Dvora Brown** is immediate past president.

JIS LEADERSHIP

The Jewish Information Service recently installed its new leadership at the ninth Volunteer Recognition evening. It took place at the home of **Sheila Engel**, who was installed as advisory board chairman.

Brenda Bessin, Marlene Bloom and **Dr. Harry Krakowsky** were installed as vice-chairmen. Immediate past chairman is **Barry Tissenbaum. Joel Verbin** is director.

JIS provides information regarding accommodation, social services, health, hospital and nursing home services, employment, recreation programs, formal and informal education, camps and Jewish communal festival observances.

To contact one of the volunteer staff, call 789-7278 (Voice-TTY).

ALL-DAY OUTING TO ARTPARK

An all-day outing to Artpark in Lewiston, NY to see the musical Carousel has been arranged for Wednesday, July 20, by Casablanca Chapter of ORT. The $25 ticket includes bus transportation. Bring a picnic lunch (stop at Niagara Falls). Bus leaves Lawrence Plaza, south parking lot, at 9.30 a.m. sharp. For tickets, contact **Ruth Golden** at 636-3463 or **Martha Lackie** at 781-6488 or the ORT office at 787-0297. Skymark residents are asked to contact **Rae Prussky** at 493-8323 mornings.

Proceeds will go to the children's education.

LA LECHE LEAGUE MEETING

La Leche League of Willowdale invites pregnant and nursing mothers to a discussion on The Art of Breast Feeding and Overcoming Difficulties on Monday, July 11, at 8.15 p.m. at 55 Millersgrove Dr. (off Fisherville between Bathurst and Dufferin). Babies are welcome. For further information, call **Elaine** at 663-8003 or **Adrianne** at 665-4120.

BAYCREST SUMMER PROGRAM

The Summer Canada Community Project has allowed 13 students to work in various capacities throughout Baycrest Centre. In addition, the Summer Canada Internship Program has provided the centre with an audiologist, an interior designer and a draftsman-designer.

The recruitment and training of handicapped volunteers for Day Care is being continued for a second summer through the ministry of employment and immigration Project Exchange. The program is designed to help handicapped youth and adults take on volunteer roles in the centre.

B'NAI B'RITH TOKYO

The entire 90-family Jewish community of Tokyo is now affiliated with B'nai B'rith International. The mass joining is the first of its kind in the 139-year history of the organization.

It all began when Philadelphia-area businessman **Steve Rudman** (his sister **Barbara Freeman** lives here in Toronto) visited Japan on a business trip two years ago. Mr. Rudman, who was then B'nai B'rith membership chairman, went to services at the Jewish community centre in Tokyo. He met with the rabbi and several leaders of the community and enrolled several new B'nai B'rith members.

Then, this past year, **Jack Spitzer**, B'nai B'rith International president at the time, visited Tokyo and signed up the rest of the community. The new chapter will be known as the Jewish Community of Japan.

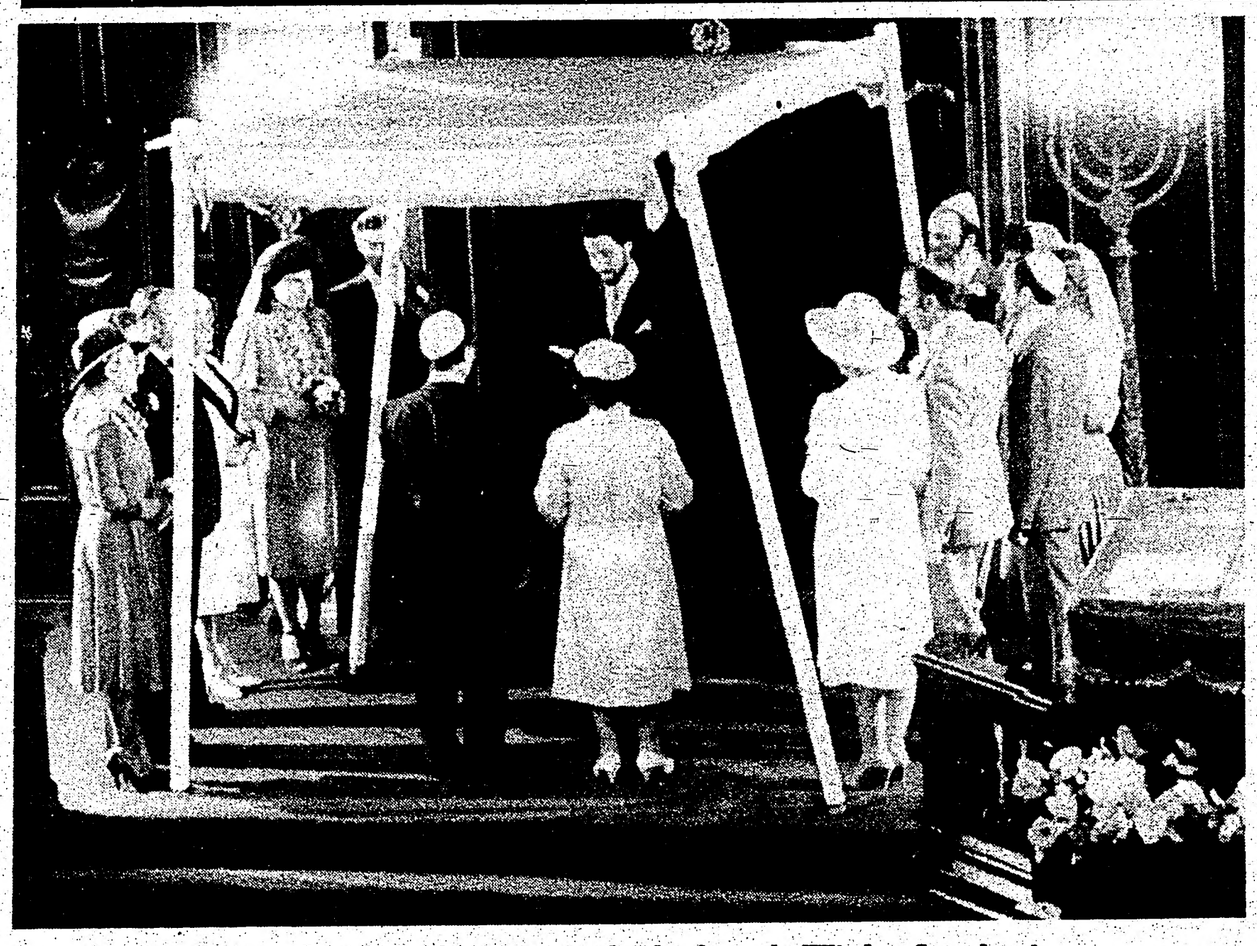
Mr. Rudman is presently an international B'nai B'rith vice-president.

WINDSOR HISTADRUT CAMPAIGN

Hy Fogelman, Ontario director for the Israel Histadrut, recently addressed a meeting of the Histadrut committee in Windsor. Impressed with the 1983-84 theme of the campaign directing all its energies towards the building of an Ontario Neo-Natal, Infant's Intensive Care Wing at Soroka Hospital in Beersheva, the Windsor Histadrut agreed to become part of the project.

The Windsor campaign starts immediately with a target of $40,000 over the next two years. **Morris Tabachnik** was elected campaign chairman with **Abe Kaufman** as vice-chairman. **Harold Eisenberg** was elected treasurer and **S. Fabian** as secretary.

Organizations and People



Russian Jewish couples remarry under the chuppah. [Windsor Star photo]

Russians re-wed in Canada

WINDSOR —

Seven Jewish couples, who had been married in the Soviet Union, were remarried here recently in a traditional Jewish service, under the chuppah. The ceremony took place at Shaar Hashomayim Synagogue.

A year of planning went into the ceremony at the synagogue — a year which brought the Jewish community in Windsor closer together, said Rabbi Ira Samuel Grussgott.

Relatives and friends entering the synagogue were confronted by a sign proclaiming "Services forbidden: we are free to ignore this sign found on synagogues in some Soviet countries, our Soviet brothers and sisters are not." (In Russia the couples were married in civil ceremonies; religious ceremonies are not allowed).

During the ceremony, Rabbi Grussgott spoke of the repression Jews face in the Soviet Union, urging Jews to "remember at the height of their joy the pain so many others suffer for their religion."

In most Soviet areas, said Grussgott, synagogues are just tiny buildings or a room at best, but they must service up to 50,000 people. When the older generation dies, warned the rabbi, so will the religion they've tried to sustain.

Rabbi Jonathan V. Plaut of Congregation Beth El read the seven benedictions after the couples read their marriage vows. A reception followed in the Charles Zalev Social Hall.

Books not reaching Refuseniks despite protection of postal law

TORONTO —

Only four out of 28 books sent to Refuseniks in the Soviet Union reached their destination, despite provisions in Soviet law which prohibit interference with the postal services.

These are the findings of a project of the B'nai B'rith Canada Soviet Jewry Committee to send books of Jewish interest to Refuseniks.

Among the books sent were Legends of Our Time by Eli Weisel and The Promise by Chaim Potok. None of the books dealt with political issues.

"The books were sent by registered mail to enable us to keep track of their destinations," explained Sam Grossman, chairman of the B'nai B'rith committee. "Because so many books were confiscated by the authorities, we now possess further evidence that the rights of Soviet Jews are being trampled upon by the Soviets."

Once the Canadian postal authorities ascertain that the books have not reached the addressees, they will claim the value of the books from the Soviet Union. The committee will also lodge a complaint to the Soviet Union for interfering with the mail.

Future seminar

WINDSOR —

Leaders of the Jewish communities in Windsor, Sarnia, London and Stratford participated in a seminar titled Building Our Future, held last week at the Jewish Community Centre here.

Barry Shrage of the Cleveland Jewish Federation presented the keynote address, Leadership and Involvement.

Participants in the seminars included Les Scheininger, chairman of the Canadian Jewish Congress, Ontario Region; Alvin Fox of Sarnia; Howard Borer of London; and Joe Eisenberg, Rabbi Jonathan Plaut and Rabbi Ira Grussgott of Windsor.

The program was sponsored by the Canadian Jewish Congress, Ontario Region, in cooperation with the Jewish community of Windsor and Multiculturalism Canada.

New executives named for Hebrew University

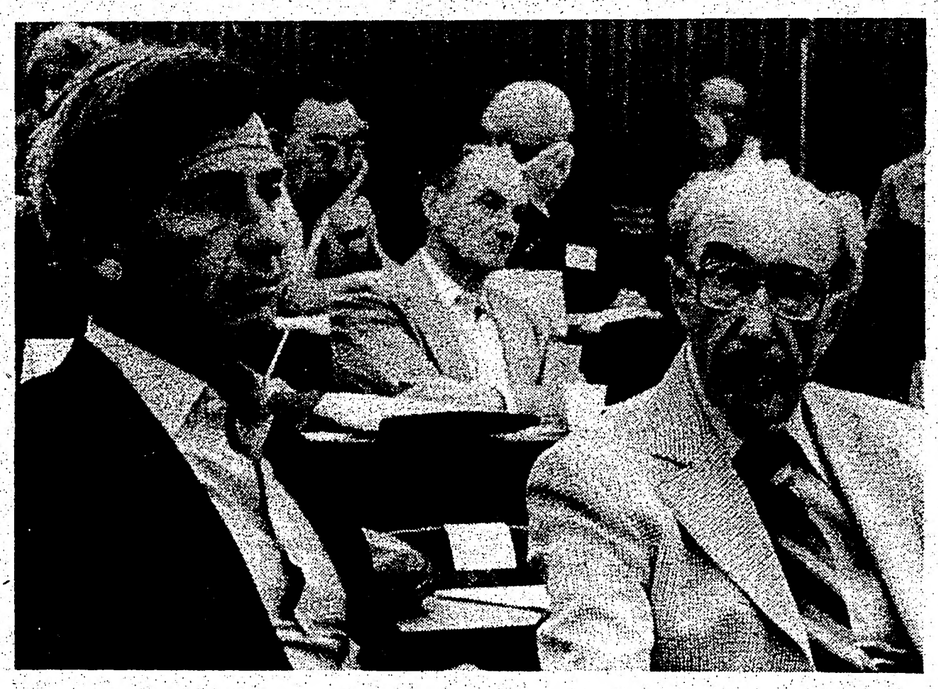
TORONTO —

Dr. Ralph Halbert, national president of Canadian Friends of the Hebrew University, was named deputy chairman of the board of governors of the university at the recent board meetings in Jerusalem.

Jack Hauer and Dr. Adolf Brettler, both of Toronto, were named associate governors.

Jonathan Livny, Friends national executive vice-president for the past five years, will become an associate governor representing the Israeli Friends next month, when he finishes his stint in Canada and returns to his home in Jerusalem.

Torontonians who attended the board meetings were Ralph and Roz Halbert, Jack and Amy Hauer, board member Berta Lunenfeld and Jonathan Livny.



Dr. Ralph Halbert [left] with former Manitoba Chief Justice Samuel Freedman, honorary chairman of the board of Canadian Friends of the Hebrew University, at Jerusalem meeting. [Scoop 80 photo]

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Destruction of the Temple
Mourning
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Cost: $2.00

For more information please call 783–6195.

Organizations and People

Non-profit seniors lodge opens

By
VIVIEN SHARON

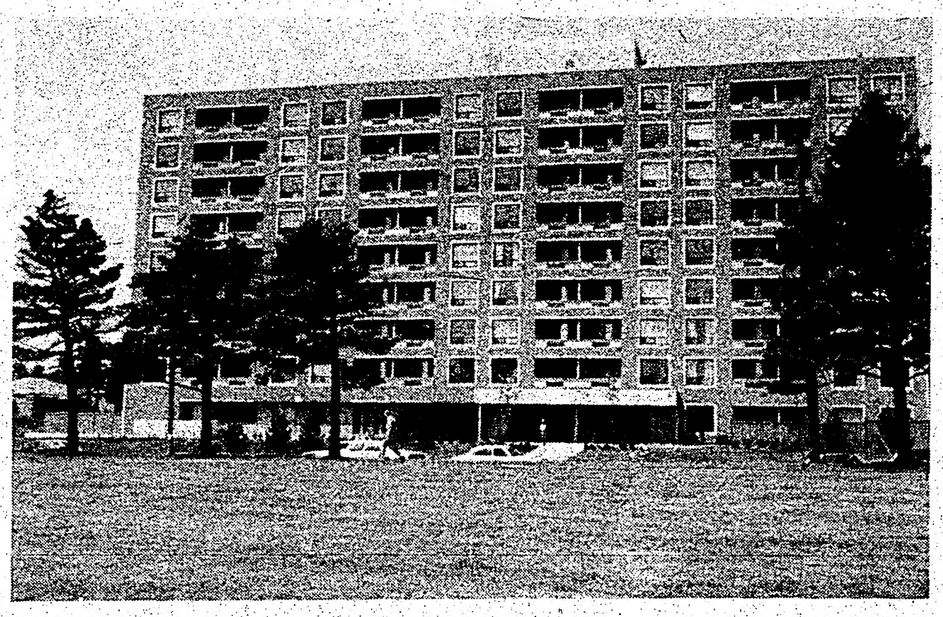
TORONTO — A new non-profit apartment building for seniors officially opened in North York last week and the occasion was marked by an afternoon reception on the site at 4266 Bathurst St.

Among those invited included Metro chairman Paul Godfrey, North York mayor Mel Lastman, Alderman Irving Chapley, representatives from the Canada Mortgage and Housing Corporation, Toronto Dominion Bank officials (who provided the mortgage), and B'nai B'rith members at both the local and national levels.

Called the "B'nai B'rith Upper Canada Lodge," the facility was built under the auspices of Upper Canada Lodge B'nai B'rith Senior Citizens Foundation through the CMHC Senior Citizen non-profit rental program.

"The building is unique to Toronto's Jewish community," says Hy Lampert, president of the Foundation, the body that conceived of the idea and raised the necessary seed money of $125,000 to buy the land seven years ago.

"Our aim was to assist seniors in finding suitable and affordable housing in an area conducive to their lifestyle," said Lampert, a past president of B'nai B'rith Canada.



B'nai B'rith's new apartment building for senior citizens

"Primarily, we wanted to service those people who were most in need . . . that is to say the Jewish elderly who are living alone, in dilapidated quarters and have no social life or family nearby," he said. "Our motto for this building is 'people helping people.'

"It is our belief," he said, "that people live longer and have a happier life when they feel part of a community. And that is exactly what we hope to achieve: to make this their real house and home."

Located across the road from Earl Bales Park, the precast concrete building is equipped with the most modern features including central air-conditioning, a Sabbath elevator and entrance phone security system.

The second floor is the highlight, according to Lampert. It will include such recreational and spiritual facilities as a chapel, library, craft and card room, lounge and medical offices.

The 9-storey structure contains 113 1-bedroom and 17 2-bedroom suites. Each kitchenette includes the basic appliances and a frost-free refrigerator. Laundry facilities are on the second floor.

The building, which was designed by architect E. I. Richmond, was built by Goldlist Constuction Limited and will be managed by its property management firm.

The B'nai B'rith lodge, however, will oversee the daily operations, said Lampert, especially in the area of social services and recreational programming for the tenants.

Terry Lustig, Goldlist's marketing director, said the rents are considered at "low end of market." Tenants have been moving in since May, she added, and to date, "the building is virtually rented."

A 1-bedroom apartment rents for $430 monthly. A 2-bedroom rents for $480.

However, for those unable to pay the full fee, the federal and provincial governments have provided subsidies for those in need. Some suites have been made available to people in the Reena program.

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together

Somewhere in the Lebanon
June 10, 1983

Shalom -

For the third time my unit has returned here and again we dream of going back home for good. We picture ourselves at the beach, walking along Dizengoff, and even at work or in school. But as long as we are told we must stay, we will.

What makes our life here bearable? I think mostly knowing how everyone in Israel feels about us, worries about us and cares. The TV set and the radio keeps us in touch with home. The books and games help keep us busy, and the parcels are always welcome. We are hoping to go for a week's holiday at one of the rest camps soon and maybe we'll meet some of our buddies serving in other units. Actually, the club room at the base reminds me of our own living room. I never appreciated what the Association for the Welfare of Soldiers does for us as much as I do now. I understand now why you give them so much support. By supporting the Association you not only help me and my morale, you help all those serving in Zahal, here, and wherever we are stationed. Without all these gifts that show that others care, life would be a lot harder.

I truly hope we'll soon meet walking along the streets of Jerusalem or Tel Aviv - me wearing my civilian clothes. In the meantime, keep well, and thanks. Thanks for everything.

Shalom,
Uri

האגודה למען החייל בישראל

The Association for Welfare of Soldiers in Israel
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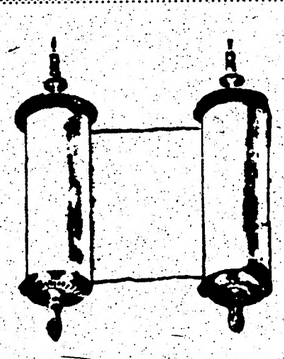
Organizations and People



sparks from the torah

By
RABBI MEIR URI GOTTESMAN

Parshat Pinchas

A Jew has to know his own worth — and how to look up to those more learned than himself.

Near the city of Kovnah was a town that couldn't get along with its rabbis. As soon as a rabbi assumed its pulpit, the people complained that he didn't come up to the ankles of the previous one.

Said Reb Yitzchak Elchanan; Now I understand the meaning of the saying in the Talmud, that when Moses appointed Joshua as his successor, the elders complained: "The face of Moses is like the face of the sun, but the face of Joshua is only like the face of the moon! Woe to that shame, woe to that embarrasment!"

What was the embarrassment that Moses was greater than Joshua? But . . . these were the very same elders who criticized Moses when he was the manhig hador, leader of the generation! Now — Moses was leaving, and they suddenly turned around and said: "Moses' face was like the sun!" What a shame it was for those elders, and what an embarrassment that they had criticized him earlier.

Where there is no respect for rabbis and talmidei chachomim, there is no respect for Torah. Toronto is full of pious scholars, saintly Jews eager to share and impart their learning. We just have to open up our ears. . . .

* * *

When you look up to someone, you can grow as a Jew. The Mezritzer Maggid asked his disciples: How far have you reached in the quality of emunas chachomim, having faith in scholars?

Each disciple gave the level he reached. Said the youngest of them: "I have reached very little understanding. All I know is that if the rebbe is a little greater than me, he can give me guidance both spiritually and materially — therefore I should bow myself to him. . . ."

Said the Mezritzer: "His understanding is greater than yours! Simple confidence lasts. . . ."

What Jew can be an island to himself? Who is wise enough that he can say, I will make all my own decisions in life, whom I shall marry, where I shall live, where my children will be educated — without consulting a **daas Torah**, a Torah opinion given by pious, learned person?

We never know what life has to offer. In this week's parsha, we read the censure of each of the tribes. The tribe of Benjamin had 45,000 people, while the tribe of Dan had many more — over 64,000.

But . . . originally, Benjamin had 10 sons, while Dan had only one son. People thought — Benjamin will be a huge tribe, while Dan will be little . . . But look what happened!

No one is a chocham. No one is strong. No one knows what the littlest thing, a pin-hole of a pain can make the titan to an invalid. Faith, humility, respect for Torah and scholars — that only is the safe way. Shabbat Shalom.

35 volunteers hear high praise for their outstanding efforts

By
GARY COHEN

TORONTO —

The Jewish Community Centre recently took the opportunity to honor a group of "outstanding" support workers at a volunteer awards night held at the northern branch.

In its first year under a selective format, the awards dinner singled out 35 of the Centre's 750 "special" direct service and committee member volunteers for contributions "over and above the call of duty." The award recipients were presented with "citations of honor in recognition and appreciation of outstanding service and commitment."

In past years, all of the JCC's volunteers were given blanket recognition at appreciation night events.

"Volunteers are the backbone of the agency," JCC president Martin Mendelow told The CJN. "The Centre could not function as it does without volunteer input. If we had to run the JCC with staff only, we would run out of money. Volunteers make the diversity of programs that we offer possible," he said.

In his welcoming remarks, Mendelow said that the "warmth" JCC volunteers bring to their work is vital in maintaining the Centre's image as a "human agency." He added that the level of volunteerism at the JCC is "a credit to the Jewish community" in Toronto.

Because of the essential nature of their input, Mendelow also stressed the importance of staff recognition for volunteers. He suggested that the awards night ceremony was only one of several functions that will ensure proper acknowledgement of volunteers throughout the current year and in the future.

Liberal MP Jim Peterson, who delivered the evening's keynote address, told the gathering that agencies like the JCC are models of how volunteers should be used. Peterson said the government recognizes the contribution of volunteers in providing services and leadership to social service agencies.

He added that the "partnership" between government and the JCC was enhanced by the fact that each dollar in government funding given to the Centre is matched by the time, effort and dedication of volunteer workers.

Patricia Starr, chairman of the volunteer committee that organized the awards night, said the event was a perfect occasion for the "JCC staff to give thanks" to its volunteers. Staffers prepared and served food and provided entertainment at the dinner, and each of the JCC branch chairmen was on hand to present awards to the volunteers who are involved in providing services at their facilities.

Northern branch volunteer award recipients were Valla Mezei, Paul Lindzon, Ernie Levy, Elliot Krever, George Abony, Jerry Bezner, Vera Waldman, Phil Ginsberg, Michael Weinstein, Harvey Dorsey, Charlene Zacks, Tami Weinstein, Lisa Sack, Harry Gairey and Susie Keshen.

Recipients from the Bloor branch were Shelley Rosenberg, Murray Tonken, Dave Usher and Dave Clairman.

Koffler Centre of the Arts volunteers honored were Ida Newton, Anne Steinberg, Virginia Solomon and Helen Copeland.

Receiving awards for their work at the Northeast branch were Mary and Sol Zeichner, Fred Glaser, Lucille Bensky and Rachel Fain.

Honored Leah Posluns Theatre volunteers were Steve Weinrieb, Larry Lubin, Marla Van Dien, Malka Siegel, Bob Mandel and Murray Grossman.

And Joi Lunsky received a volunteer award for her work on the Metro Group Services Committee.

NYC doctor for 50 years

NEW YORK —

A funeral was held June 5 for Dr. Abraham Medjuck, 83, of Brooklyn, formerly of Glace Bay, N.S.

Born in Gluboka, Lithuania, he was a son of the late Rachel (Zilbert) and Isadore Medjuck.

He emigrated with his family to Canada in 1907. He spent his early life in Glace Bay and subsequently attended Dalhousie University Medical School, graduating in 1923.

After graduation he moved to New York City, where he became a forerunner in the field of industrial medicine, in which he maintained an active practice for 50 years. During this time, he was an active member of the New York-Dalhousie Alumni Club.

He is survived by his wife Fay; two daughters, Marlene Green and Sharon Silverman; three brothers, Irving, Halifax; Archie, Syracuse, NY; Sol, Glace Bay; five grandchildren.

Face change for old library

TORONTO —

An old building will get a new name — and a new look — when the former Metro Reference Library at 214 College St. becomes the Koffler Student Services Centre, it was announced last week by the University of Toronto's Governing Council.

U of T's President James M. Ham paid tribute to Murray B. Koffler for his personal pledge to assist in renovating the building for a student services centre. It will bear the Koffler name in honor of the family.

Koffler, a 1946 U of T pharmacy graduate, has agreed to assist in a campaign to provide additional support for the project.

Plans call for the building to become a major focus of student services by housing a number of the university's student services under one roof for the first time.

These include: the career counseling and placement centre; health service; housing service; student awards office; services to disabled persons; and the university's bookroom and textbook store.

Beth Tikvah Synagogue
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(between Finch & Sheppard)

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Mutual Benefit Society
(H. Feldman, President)
mourns the passing of
our beloved Past President
LEIBEL WIESDORF ע"ה
He will be missed by all of us.

Mental illness costs industry $14 billion a year

TORONTO —
It costs the Canadian economy $9 to $14 billion annually in time lost at the workplace due to mental illness. And out of the 750,000 Canadians who will miss a day of work this week, about one-third of them will have done so because of an emotional disorder.

Peter Lush, campaign chairman of the Ontario Mental Health Foundation [OMHF], drew upon those statistics last week at a press conference launching a $5,000,000 fund raising campaign by Canadian business leaders to battle stress in the workplace.

Research funds will be directed to include stress on the job, effects of employee assistance and counseling programs, drug and alcohol abuse among employees and causes of depression.

Pauline McGibbon, honorary chairman for the OMHF, attended the reception. Special guest was Larry Grossman, Ontario minister of health.

The major component of the campaign is the first-ever appeal by the OMHF to the business sector. That appeal will be made by a team of top-flight Canadian businessmen, who will comb their respective corporate communities for a targeted $5,000,000 in five years. The businessmen are part of an advisory committee to the OMHF.

"Treating Canadians for mental illness, such as depression, costs our health care system $500 million each year. Out of that figure, only 0.4% is directed toward research," Lush said.

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German was like "a thief in the night"

Lawyer's diary is Rauca's downfall

By
ESTHER MEHR

TORONTO — In the dark early hours of Oct. 28, 1941, 30,000 Jews were rounded up in the main square of Kovno, Lithuania, to meet an unknown destiny. Ten thousand were slain the following day — the rest faced, forced labor and eventual starvation and death.

Thanks to a young Jewish lawyer who managed to escape the terrible fate of his co-religionists in Kovno, and who kept a detailed diary of events leading up to that black day, Helmut Rauca now sits in a West German prison awaiting trial as a Nazi war criminal.

That young lawyer was Avraham Tory, now a citizen of Israel and honorary secretary-general of the International Association of Jewish Lawyers and Jurists.

Tory was in Toronto recently, accompanied by his wife Pnina, to attend a conference of Liberal International. While here, he accepted an invitation from an old friend, Bert Raphael, to address a meeting of the Jewish Civil Rights Education Foundation of Canada, of which Raphael is the president. The Foundation is an offshoot of Canadian Lawyers and Jurists for Soviet Jewry.

The luncheon meeting was arranged and organized under the auspices of Canadian Jewish Congress.

Tory was one of the chief witnesses for the Canadian government in the trial which resulted in Rauca's extradition to Germany from Toronto where he had lived.

We never forget, forgive

"We, the survivors, took the last will of those who did not survive, never to forget or forgive," Tory told the meeting. "It is our sacred task to put the badge of Cain on the forehead of those responsible for the greatest crimes in human history."

His vivid recollections of Helmut Rauca as the cold-blooded architect of the liquidation of Kovno's Jews, chilled the audience of lawyers and jurists.

"He was a past master at his job," said Tory. "Rauca was behind the scenes at all times . . . like a thief in the night."

Under his orders, plans were carried out step by step.

"Dehumanization was the first priority, then came enslavement and hunger. When you are deprived of dignity and will, you forget moral values; your only thought is to exist."

The elected leaders of Kovno's Jewish community, which dated back many generations, were faced with an insoluble dilemma when ordered by Rauca to have every man, woman and child rounded up, supposedly to receive extra rations. When they consulted the Chief Rabbi for his advice, Tory said, he delayed giving his opinion until the following morning.

"The rabbi looked through the Talmud and books on Jewish philosophy, but could find no similar instance in all of Jewish history," Tory explained. "The rabbi told them that God had created man for the purpose of life and that everything possible should be done to preserve it."

There was no choice. Rauca's order had to be obeyed so that the toll of victims would be lessened. Those too ill to come to the square were shot on the spot in a house to house search.

"Never should those who were not there judge those who were," Tory stressed vehemently. "Those who were forced to comply with Gestapo orders should not be condemned."

As everyone gathered in the square, Tory recalled, Rauca appeared, cooly eating a sandwich while directing people to the left or right column . . . a life or death selection.

"If I survived to see Helmut Rauca in jail, thanks to Canadian Jewish Congress, I am grateful," he concluded. "It is the fulfilment of an oath to all those who died, that we would never forget and never forgive."

Pnina and Avraham Tory [right], with Bert Raphael [Graphic Artists photo]

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Growing Toronto APAI chapter expands activities

Parents of olim group plan picnic with U.S. friends

By
DAVID BIRKAN

TORONTO —

The Toronto chapter of the Association of Parents of American Israelis, an all-volunteer parental support group for olim, will hold a joint picnic with chapters from Buffalo and Rochester on Sunday, July 10 at Niagara Falls.

Meeting place will be at the picnic grounds near the Hydro floral clock at noon.

"This is just one in a number of ways in which we're expanding our activities," Toronto Chapter president Edith Sefton told the Canadian Jewish News. "APAI is growing quite nicely," she said.

APAI, founded in 1975 by several parents in New York to provide support and encouragement to children making aliya and to share mutual concerns and joys, has grown to an enrolment of more than 2,300 families in 32 chapters in the U.S. and Canada.

The Toronto Chapter, started three years ago, has 80 families. Montreal's 7-month-old office is already up to 70 families.

Close to 300 people attended APAI's seventh national convention held a month ago at Grossinger's. The Toronto delegation was made up of Victor and Edith Sefton, Charles and Ann King, and Max and Ruby Goody. Edith Shier represented Montreal.

"We obtain joy from our children's aliya. Showing each other pictures, sharing our news, arranging to send things, and having visiting children address us are reason enough for monthly meetings," said Mrs. Sefton. "We are proud of what they are doing."

APAI also provides for small emergency loans to olim, gives new arrivals names of former Torontonians, and participate in various projects in Israel, such as a community English Training and Resource Centre in Ashkelon.

At the end of each meeting, a draw gives a dollar from each participant to one family's oleh. "It may be $20 or $30, but the money always comes in handy," said Mrs. Sefton.

New this year, at the suggestion of Charles King, a Toronto Chapter founder, will be a children's furnishings pool, to provide visiting grandchildren and great-grandchildren with the required crib, stroller, or high chair.

"We also provide a knowledgeable pool of travel information," said Sefton. "We can advise on flight arrangements, luggage regulations, charters, stopovers, transfers and other important travel details that often change from year to year."

The U.S. APAI group has begun to act as a lobby for more favorable treatment of Israel. "When we press for something, we mean it," said Sefton. "Our children, our grandchildren, our descendants, are making their home, and we must do our best for them."

The next APAI meeting will be Monday, July 25, at Beth David Synagogue on Yeomans Rd. Annual membership per family of $15 includes newsletters, flyers, and guest speakers.

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Convictions tough to get under Criminal Code

Change of legislation is sought to fight bigotry

By
PATRICIA RUCKER

TORONTO —

James Breithaupt, Liberal justice critic in the Ontario legislature, has called on the attorney-general to amend the libel and slander laws to permit a class action in the civil courts by a group which finds itself the target of hate propaganda.

In a speech with strong philosophical underpinnings, delivered at a recent justice committee hearing, Breithaupt pointed out that under present legislation, a provincial attorney-general must authorize prosecution under the hate literature provisions of the Criminal Code.

"The attorney-general has been justifiably reluctant to commence criminal proceedings," Breithaupt said, because "convictions under the present wording of the Criminal Code are very difficult to achieve."

The advantages of a civil class action, according to Jim Diamond, assistant director of community relations for the Canadian Jewish Congress, are that:

• a case can be dealt with in the civil courts, rather than under the Criminal Code where intent to propagate hate must be shown — an extremely subjective test;

• a group of individuals or an organization like the CJC can assume the cost of bringing an action;

• an individual does not have to risk himself as a possible target for retaliation.

Other proposals by Breithaupt included the possibility of taking action in the civil courts for violation of the Human Rights Code, and the commissioning of a report from the ministry or the law reform commission on "the problems confronting a democratic society in attempting to deal with hate literature."

Rose Wolfe, chairman of the Ontario Region of the CJC's Joint Community Relations Committee, calls the proposals "excellent." In a telephone interview with The Canadian Jewish News, she agreed with Breithaupt that provisions in the Criminal Code need strengthening in order to remove some of the obstacles now placed in the way of a conviction.

Breithaupt's speech received some attention in the media, focusing on his references to the increase in anti-semitic incidents since the Lebanese campaign — in particular his comment that "recently, there are even reports of actual neighborhoods living in fear, being terrorized by marauding gangs of anti-semitic toughs."

Speaking by telephone with The CJN, Breithaupt said that "it is not any intention to alarm, nor to sensationalize." However, he continued, he based his assertions on specific incidents reported in an informal meeting between members of the JCRC and Ontario Liberal leader David Peterson.

Neither the JCRC nor the police give detailed public reports on such incidents, in order to avoid copycat occurances.

"We need to be alert to any developments of this kind," Breithaupt told The CJN, emphasizing that his interest is in ensuring that there are legal ways to combat bigotry.

"When assaulted by prejudice of any kind, the intended victim must believe that the institutions of society will stand at his side," he stated in his speech. "This belief must be widespread, commonplace and unshakeable."

PM Begin to address Reform Judaism meet

JERUSALEM —

Prime Minister Begin will address the 22nd international conference of the World Union for Progressive Judaism at a special session of the Knesset this week.

More than 600 delegates representing Reform and Liberal synagogues in 25 countries including Israel are participating in the deliberations of the international body of Reform Judaism in Jerusalem from June 28 to July 5.

The conference, according to Gerard Daniel, WUPJ president, "will underscore Reform Judaism's commitment to the Jewish state and reinforce our demand for the right to practice Judaism in Israel as we interpret it — without interference from the Orthodox establishment."

One of the highlights of the week-long meeting will be a dialogue on "religious pluralism in the light of tradition." Rabbi Gunther Plaut, senior scholar at the Holy Blossom Temple in Toronto and president of the Central Conference of American Rabbis, will speak from the viewpoint of Reform Judaism. Dr. Emanuel Rackman, president of Bar-Ilan University and a former president of the Rabbinical Council of America, will present the Orthodox position.

Other events planned for the conference include the dedication of the second Reform kibbutz in Israel, Kibbutz Lotan in the Arava; groundbreaking for the $25,000,000 World Education Centre for Progressive Judaism on the Hebrew Union campus in Jerusalem; special Sabbath services celebrating the 25th anniversary of the oldest Reform congregation in Israel, the Har-El Synagogue in Jerusalem; and groundbreaking for the newest Reform synagogue, Or Chadash, in Haifa.

Dedication of Reform kibbutz

Foreign Minister Yitzhak Shamir and former Foreign Minister Abba Eban will present their respective views of Israel's foreign policy options at a public session chaired by Rabbi Alexander M. Schindler, president of the Union of American Hebrew Congregations.

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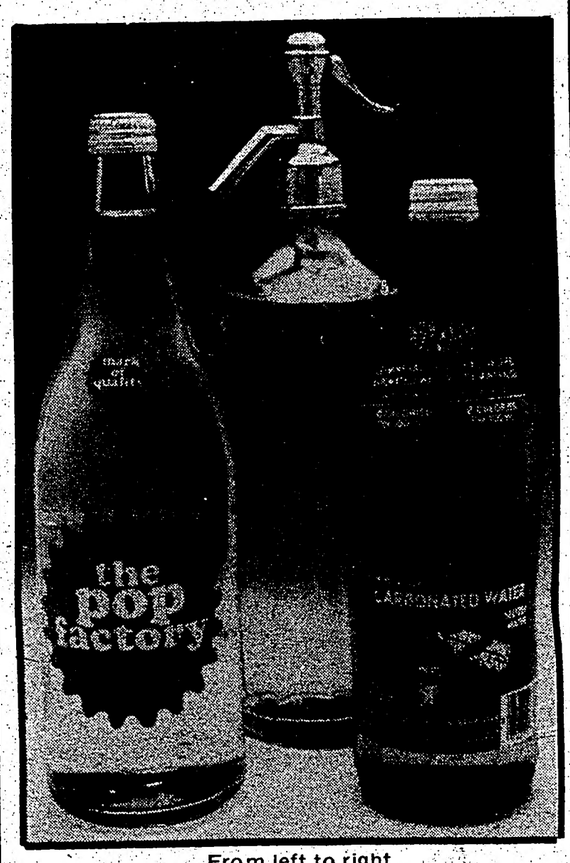

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Toronto Star exec bankrolled his education

Pearlstein: always there when you needed him

By
BEN KAYFETZ

TORONTO —

Jack Pearlstein, who died recently in his 89th year, was one of those old reliables one could count on in our community whenever a good cause needed aid and whenever a good deed needed doing. He was never identified exclusively with any one segment of the Jewish community as he always participated in the full spectrum of Jewish community and Zionist endeavor.

Jacob D. Pearlstein's parents David and Anna came to Canada 92 years ago in 1891, first arriving in Montreal, where their son was born four years later. Later they moved to Hamilton where the elder Pearlstein was a cigar manufacturer for 40 years.

Before leaving Montreal, Pearlstein pere was secretary of B'nai B'rith and an active member of the Independent Order of Odd Fellows.

It wasn't generally known to many who met him in the course of his community activities that behind the lawyer there was a former newspaperman. During his university and law school course he was a full time reporter, mostly with the Toronto Star but also at times with the Hamilton Spectator and the old Toronto Telegram.

He once told the writer that his duties at one point were to "put to bed" the news section of the Star Weekly — ie. the supplement that did not go to press until early Saturday evening which contained the sports results and the latest news bulletins — since the readers of the Star Weekly were entitled to the latest facts and events as well as the color comics, story serials and features, for the 10 cents which they laid out for this weekend reading.

At one point he was also the Star's financial editor.

Jack Pearlstein once told the writer that it was none other than Joseph E. Atkinson of The Star who quite on his own volunteered to stake the young Jewish student to law school — and did so. (A brother whom he survived was for many years in the circulation department of The Star and was known affectionately as "Pearlie" to all the Jewish newsboys with whom he dealt — and the majority of the newsies then were Jewish).

And Jack Pearlstein's interest in writing and literature followed him all his days. He always had ready the appropriate [and correct] quotation from verse or prose apt to the occasion, whether speaking formally or in informal chat.

The Jew in Canada, a kind of Who's Who published in 1926, has a photograph of the young barrister Jacob D. Pearlstein at 32 in his jurist's gown and collar. The face is serious but there's a suggestion of a twinkle in the eye — and it was his good nature, good cheer and affability that come to mind immediately when thinking of Jack Pearlstein.

His communal activities are well known: President of Toronto Lodge B'nai B'rith, campaign chairman UJA in 1955, president of the Toronto Zionist Council, chairman of the Hillel board, honorary chairman of the B'nai B'rith Hillel Commission, member of the National Council of the JDC, actively involved in the Canadian Friends of the Hebrew University, in the Board of Jewish Education and its predecessor the Bureau of Jewish Education, and the State of Israel Bonds.

Jack Pearlstein

Although a lifelong member of Holy Blossom Temple, this did not prevent his being honored by the Eitz Chaim Schools.

And in all his activities his wife Mary (nee Blatt) from the unlikely birthplace of Kenora, Ont., was by his side, in addition to making her own way in the community.

Those whose paths crossed his — and there were many — will remember him warmly as a man of quiet mitzvoth who was always ready with a kind and encouraging word to all who came his way.

Hope crushed for Refuseniks

By
GAYE APPLEBAUM

OTTAWA —

Ida Nudel and Anatoly Scharansky will never be allowed out of the Soviet Union.

That was the message Soviet ambassador Alexander Yakovlev delivered to the delegation of parliamentary spouses for Soviet Jewry during their recent meeting with the Soviet official.

Yakovlev originally agreed to meet the spouses during their joint discussions with the U.S. congressional wives committee for Soviet Jews. However, he had to reschedule his meeting when he was suddenly recalled to Moscow for consultation during the Canadian-U.S. spouses meeting.

While Penny Collenette, chairman of the Canadian spouses committee, admitted the meeting "went beyond my expectations in frankness and honesty" she was clearly disappointed that there was no softening of positions or change in attitude towards Refuseniks.

The case for imprisoned dissident Vladimir Tsukerman is of particular interest to the Canadian spouses committee. Yakovlev told the delegation that "Tsukerman was arrested because he was a criminal, not because he had demonstrated for the right to rejoin his wife and son abroad," Audrey King reported to members of the committee at their wrapup meeting of the year.

"He said he would look into the matter and let us know the exact charges against Tsukerman."

King was not satisfied. "I frankly had hoped for more," she said.

Collenette said Yakovlev found their interest "very confusing. He couldn't understand why we were interested in this subject since none of us are Jewish or have Jewish votes to satisfy in our constituencies," she said. "Yakovlev's argument why Refuseniks are not allowed to leave was simply not an intellectual defence of Soviet policies," Collenette argued.

Collenette's committee has written to political spouses in 12 countries to see if they can press for meetings with the Soviet ambassadors in their respective countries. She hopes that many will report on those meetings at a proposed multinational Soviet Jewry conference for political spouses in the U.S. early next year.

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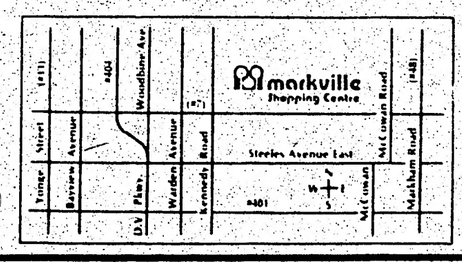

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Retarded get help

By
ESTHER MEHR

TORONTO —

From the time Freda was a child and throughout her adult years, she has lived in a totally protected environment.

Freda (not her real name) is mildly retarded. While her parents were alive, everything was done for her. She was never encouraged to do things for herself — cook, shop, take public transportation — all the normal day-to-day activities that would have helped her to grow and to become less dependent on others.

With the death of her widowed mother, Freda's family was faced with the problem of finding suitable supervised accommodation for her. They didn't quite know where to turn, and the thought of placing her in an institution made them uneasy.

A relative had heard of Foster Care for the Jewish Elderly, a program initiated in the late 60s by the Jewish Family & Child Service. This, they felt, could be the ideal solution. After a period of consultation and assessment with JF&CS, an arrangement was made for Freda to live with a recently-widowed woman.

Under the arrangement, Freda's foster mother would provide room and board as well as supervise doctors' appointments and the taking of any medication. For this she receives monthly remuneration.

Freda is one of the lucky few to be placed in a congenial setting in which she can function comfortably with ongoing professional back-up.

"We wish that more of our clients, like Freda, could benefit from an opportunity such as this," says Alyse Shriar, program supervisor. "Unfortunately, the number of foster families willing to take on this kind of responsibility is dwindling."

According to Shriar, the improved economic position of elderly widows has eased the urgency for extra money. In the early years of the program, old age pensions and other benefits were much lower and the extra amount brought in by the foster program was a welcome addition to the monthly stipend.

However, money is not the only factor. Over the years JF&CS staff have come up with a general profile of the individual who welcomes someone into the home. She is a widow who has nursed a sick husband and enjoys having someone to care for. This pattern can vary to include an intact couple which is desirable, particularly, for a male client. With one exception, they are apartment dwellers.

"Apartments are ideal," Shriar commented. "The problem of stairs is eliminated and the proximity of public transportation is another important feature because clients are encouraged to participate in community activities."

The clients who seek placement in the foster care program are usually women like Freda — single, fearful of living alone, dependent and unable to function without support. Nevertheless, men have been successfully placed as well for similar reasons.

"The mildly retarded do well in foster situations," Shriar explained. "They are responsible for their personal care and, with encouragement, they will get involved in an outside activity as their self-confidence is bolstered."

"If problems cannot be resolved, termination of the placement is a sensitive process, so that no one is damaged," Shriar said. This is an understanding built into the agreement between the agency and the parties involved right from the start.

"There is tremendous satisfaction for people who open their homes to these adults," Shriar concluded. "As time goes on, it becomes more and more a mutually rewarding experience."

Anyone interested in learning more about the Jewish Family & Child Service Foster Care for the Jewish Elderly, may contact Alyse Shriar at 781-1592 until July 8; after July 8 the number will be 638-7800.

Foster program seeks aid

Anyone who becomes involved in the foster program is made to understand that it is not an emergency or short-term plan. To derive full benefits, it must be undertaken on a long-term basis. The relationship, which is the core of the benefit, is not quickly made or broken.

"The most appropriate placements are made after a full assessment in which we try to make the best match between client and foster family," says Shriar. "The professional is always available for any problem that may crop up and we have found that in most cases, the problems can be solved.

Manya Schwartz pours tea for Rose Kendall, who shares the Schwartz home through JF&CS program, as Schwartz' granddaughter Debbie looks on. [Graphic Artists photo]

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Irving Feldman with Esther Goodbaum [left] and Gella Rothstein [Graphic Artists photo]

New building "a useful tool" in unifying the community

TORONTO —

The new Jewish community services building which will be occupied in the next month by Toronto Jewish Congress and its affiliated agencies, will be "a most useful tool" in unifying Toronto's many-faceted Jewish community, Irving (Yitz) Feldman told the annual meeting of the Federation of Jewish Women's Organizations in a brief address last week.

Feldman, recently elected TJC president, told the women he is still in the process of familiarizing himself with all the TJC affiliates and stressed that his primary goal will be to promote and encourage unity, while respecting the diverse nature of the Jewish community.

"I don't believe in the melting pot concept," he stated, noting that with so many outside hostile forces, everything possible should be done to strengthen the community from within.

The new Lipa Green Building for Jewish Community Services, with its proximity to the Jewish Community Centre, should, he said, become the hub for all, regardless of the specific orientation of individuals or organizations.

FJWO president Esther Goodbaum focused her remarks on the support system and Jewish community resources which have played a role in enriching her family life in so many ways — all of them tied in with TJC — and for which she expressed her gratitude. She said she gladly accepted the challenge to strengthen those ties.

Mrs. Goodbaum invited Gella Rothstein, 1984 campaign chairman of United Jewish Appeal Women's Division to address the meeting. Mrs. Rothstein said she welcomed the support of Federation in the coming campaign and was eager to work in concert with its many affiliated organizations and sisterhoods.

She reiterated some of the remarks she made at the UJA Women's installation in early spring, emphasizing the need for all members of the Jewish community to identify and ally themselves with the organized community. UJA, she stated is the ideal vehicle for the involvement of the unaffiliated.

Final speaker at the meeting was Dr. Rupert Shriar, TJC associate director, who said that when the time comes for the move to the new community centre, "something precious will be left behind at 150 Beverley."

The new era, he said, will be one of uncertainty and "quick social changes in a future of economic instability."

Shriar praised Federation for its role in initiating important programs such as Tay Sachs clinical testing, the Group of 35, the forerunner of Soviet Jewry protest groups, leadership development programs and Book Fair.

Toronto's Jewish community is special, he noted, having more organizations than any other North American city.

Project takes grad down under

NEW YORK —

Judy Witty of Toronto, a 1982 graduate of Yeshiva University's Stern College for Women in New York, will be traveling to Australia, New Zealand and Hawaii this summer as part of Counterpoint83, a project designed to bring the spirit of traditional Judaism to members of the Jewish community.

The project is sponsored by the department of youth services of the Rabbi Isaac Elchanan Theological Seminary [RIETS], an affiliate of New York's Yeshiva University.

The Counterpoint team will conduct seminars in Perth and Melbourne, Australia; Wellington, New Zealand; and Pearl Harbor in Hawaii.

Teams have been sent abroad during each of the last 10 summers.

All 15 members of this year's team are students and alumni of the university and RIETS.

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Japanese, Jewish seniors sing and dance

Language of friendship overcomes obstacles

TORONTO — Shalom and sayonara.

The seniors getting to know each other one afternoon at Baycrest Centre came from cultures half a world apart, but as they sang and danced together, they were speaking the same language — the language of friendship.

The guests were 43 seniors from the Japanese Canadian Cultural Centre; the hosts were members of Baycrest Day Care Service's Project Shalom, an exchange program that promotes a bond of mutual appreciation between seniors of widely different ethnic backgrounds.

Because the program is educational as well as social, day care members prepare themselves for each visit by viewing films that illustrate different cultures. Discussions also help to answer questions and clear up misconceptions.

"Project Shalom helps the seniors break down barriers between cultural groups," says social worker Anna Van Delman, the day care staff member working with the Shalom committee.

Mel Patashnick, the director of day care services, concurs: "When the program was first established, our members were genuinely worried that seniors of other cultures wouldn't like them. They were also worried that they would not be able to get along with seniors of backgrounds different from theirs."

When the seniors from the Japanese Canadian Cultural Centre accepted the Shalom committee's invitation, they too were excited but apprehensive.

"The Japanese seniors don't really have much contact with seniors of other cultures," explains Sachi Oue, one of the volunteers who accompanied the group to Baycrest.

"They can't join a conventional senior citizens centre because most of them can't speak English and have a very difficult time communicating."

But there are forms of communication that need no words.

For the visit from the Japanese seniors, the Baycrest committee arranged for the day care folk dancers and the rhythm band to perform. For weeks before the visit, the band rehearsed a special series of Japanese songs.

When the band finished playing, the enthusiastic guests announced through an interpreter that they would, in turn, sing the songs in a traditional performance for their hosts. The afternoon ended in laughter as everyone joined hands in the folkdancing.

Yoshikazu Kimura and Polena Elgart share a smile. [Baycrest Centre photo]

Anne Strausberg, a Shalom committee member, was all smiles. "Do you know that I made two new friends today?" she asked. "I think Project Shalom is a wonderful thing. How else would I meet people like this?"

The committee has arranged visits with, among others, Villa Colombo, the Italian home for the aged; St. Joseph's Villa in Dundas; the Mon Sheong Home for the Aged and Woodgreen Community Centre, both facilities for Chinese elderly; and St. Christopher's House, a Portuguese centre.

Mayor's stand brings outcry

By HILARY HORLOCK

MISSISSAUGA, Ont. — An "avalanche" of mail and a "flood" of phone calls have persuaded Mississauga mayor Hazel McCallion to "think seriously" about her declared support for a Palestinian homeland, says Rabbi Lawrence Englander of Solel Congregation in Mississauga.

"I spoke with her recently and she told me she is opposed to the PLO because they are terrorists. I asked her if she realized that the group (Canadian Arab Federation) which sponsored her recent trip to the Middle East supported the PLO and she said she didn't know that.

"I think she is going to have to think seriously about this before she makes any more statements," said Englander.

Englander met with McCallion after she made statements at pro-Arab rallies here and in the news media that she supported the creation of a homeland for the Palestinians. She said that the Israelis had "no business" in the West Bank and Gaza and called for an immediate withdrawal of their forces.

The rabbi was of the opinion that McCallion was not aware of all the facts regarding the situation in the Middle East, and asked for the meeting with McCallion to give her the Israeli point of view. (In a story in The CJN June 2, McCallion said she felt she had all the facts necessary to make a balanced judgment after spending 10 days with the Arabs and six hours with the Israelis.)

"I think she has begun to realize the issue is far more complex than she ever thought," said Englander after his meeting with the mayor. "I notice that she has neutralized her statements considerably."

Rabbi Englander told his congregants to write to the mayor personally if they were upset by her comments, and he said many phoned as well. Mississauga has a population of about 250 Jewish families.

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Kadima scholarship fund aids Israel-bound students

By
GARY COHEN

TORONTO —
Three Toronto secondary school graduates are the beneficiaries of a new scholarship fund that will help them take part in a 9-month Jewish leadership development program in Israel beginning this fall.

Students Ian Kalushner, Judy Benjamin and Jay Palter will each receive $250 or $500 (depending on financial need) as the first recipients of the newly established Rabbi Michael S. Stroh Scholarship. The scholarship fund was created by Kadima, the Canadian Council of Reform Zionists, to honor Rabbi Stroh, the organization's first president.

All three recipients are involved in Kadima, which organizes Canadian participation in the international program called Machon. While there are only about a dozen Reform congregations in Canada, it is an appropriate "fluke" that the three scholars belong to Rabbi Stroh's Temple Har Zion congregation.

The Machon program, developed by the Union of American Hebrew Congregations which represents North America's Reform synagogues, runs from September to May and offers secondary school graduates who participate, a year of study at Hebrew Union College in Jerusalem.

Courses on the curriculum include Israeli geography and politics, Jewish history, Hebrew, Jewish theology and leadership training.

Although the courses are readily accepted as college credits in the U.S., York University and the University of Toronto have not yet confirmed the same

Rabbi Stroh

status for the program in Canada.

Participants will also have an opportunity to tour Israel, do social services volunteer work in Jerusalem and become involved in life and study on a kibbutz. While in Jerusalem, the students will live in the closely supervised Machon Greenberg residence, specially designed to accommodate the Machon program.

As part of the Reform movement's aliya efforts, Machon and the scholarship were establihsed "to encourage post-secondary students to go to Israel before university," Rabbi Stroh told The CJN. "While the scholarship only covers a fraction of the overall cost of the trip, it was created to provide an incentive."

The Temple Har Zion youngsters who are involved this year have all taken summer jobs to supplement the scholarship for the excursion, the rabbi said. "The only other obligation on the part of the students is that they have agreed to work on an Israel project for the congregation when they return to Canada.

"The goal of the program is to qualitatively change the students' relationship to Israel. Hopefully, that will translate into aliya some time in the future."

The young people involved in the Machon project are "well-established and very committed to our congregation," according to the rabbi. "The emphasis of the program is the value it has for the kids. Everybody benefits from a leadership program, though not all the participants are necessarily going to be leaders. The important thing is that they learn how to get the job done."

Because openings for the program and scholarship are limited and are filled on a first come, first served basis, Rabbi Stroh advised that interested parties get their applications in quickly.

To obtain an application form you can write to Kadima, 534 Lawrence Ave. W., Suite 210, Toronto M6A 1A2 or phone the organization's offices at (416) 787-9838.

Israeli soldier Shaanan Kraus [left] is shown the ropes by Toronto Island Yacht Club president Arthur Rothbart [Ben Lechtman photo]

Disabled war veterans give thanks for support

By
CAROLYN BLACKMAN

TORONTO —
Beit Halochem is one Jewish organization that is definitely unique. It would like to stop growing.

An organization for disabled war veterans, in Israel, Beit Halochem provides therapy, counseling and job training for injured Israeli soldiers.

Recently, 10 of its members were treated to a 2-week vacation in Toronto by the Aid to Disabled War Veterans (Canada).

Hosted by members of the Beth Tzedec Congregation, the soldiers toured Toronto, attended parties and spent a day at the Toronto Island Yacht Club.

Chaim Shmuel, leader of the group, told members at a Shabbat lunch at the Beth Tzedec that he was overwhelmed by the generosity and warmth of Torontonians.

He said that, although none of the soldiers had even been to North America, they immediately felt at home here.

"In Israel, our hearts are always strong because we know you care," Shmuel said. "This care, as a mother to a child, gives us the willpower and the courage to stand above all crisis."

He added that Canada's concern and caring "gave us the desire to make peace with the greatest of Arab nations — Egypt.

"I hope that your love for us will also help to bring peace with all our neighbors in the Middle East," Shmuel said.

New compensation fund to protect car buyers

TORONTO —
Car buyers caught in a dealership bankruptcy or who have legitimate unpaid claims against an automobile dealer will soon receive an extra measure of protection with the establishment of a provincial motor vehicle dealers compensation fund.

"Final passage in the legislature of amendments to the Motor Vehicle Dealers Act on June 9 will now allow us to create an industry-financed fund that should be in operation by next January," says Dr. Robert Elgie, minister of consumer and corporate relations.

"The fund will replace requirements dating from 1965 that dealers post a $5,000 bond — a level of protection that has been made inadequate by inflation," Elgie continued.

"If car buyers are unfairly dealt with and can prove it in court, or if they lose their down payment as a result of the insolvency of the dealer, they will be able to receive full compensation through the fund," explains Al Abrams, registrar of the Motor Vehicle Dealers Act. In addition, payment of claims will be made immediately rather than after two years, as is currently required.

The new compensation fund will be modeled on the successful travel industry compensation fund, which covers claims from consumers who have purchased travel arrangements from a registered Ontario travel agent but have not received the service.

The new legislative amendments have received wide industry support, according to the ministry, because the fund will improve consumer protection while reducing paperwork and saving dealers money compared to the cost of bonding.

The fund will be financed by levies against the dealers and controlled by a committee of dealer, government and appointed representatives.

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Stories of magical powers increase appetite

No fun to fast, especially on bagel's birthday

By
ESTHER FISHER

Tisha b'Av (July 19) commemorating the destruction of the Temple, is a fast day. Nevertheless, like most Jewish occasions, there are symbolic foods associated with it.

According to the Encyclopedia Judaica the Fast of the 9th of Av is observed after a milk meal which includes a bagel or an egg dipped in ashes. Both the egg and the bagel symbolize the continuity of life — the egg as a token of rebirth, the bagel, with its circular form, suggesting the eternal cycle of life.

There's not much to say in a food feature about Fast days, but there are plenty of stories about bagels. According to one source, they were invented in 1683 — so this year marks their 300th anniversary.

The bagel was devised when the king of Poland saved Vienna from Turkish invaders and a coffee house owner reshaped the local bread to resemble the king's stirrup. "Bugel," the German word for stirrup, was transformed to "beugel;" later, in America, the name was altered to "bagel."

Over the years, through story and legend, bagels became endowed with magical powers. As amulets against the evil eye, they were given to women about to give birth, and were said to bring prosperity and happiness.

An old Lithuanian folksong celebrates the bagel with:

I your groom and you my bride,
We are both an equal pair.
In America we can bake bagels
For a whole year.

And bagels continue to work miracles in the 20th century. A veteran of the Korean war claims that six bagels sent by his mother saved his life. He put them in his coat pockets where they served as a bulletproof vest when he was hit by enemy gunfire. So it's easy to revere the bagel for its lifesaving qualities too.

Whether you want bagels for a pre-Tisha b'Av meal, for self-defence, or just because you're addicted to them, you really don't need an excuse to indulge. Bagels with lox and cream cheese or simply toasted with lots of butter spread on them, are delicious. But for a change try some of these recipes adapted from Bagels! Bagels! and More Bagels!

FRENCH TOAST a L'ORANGE

4 sesame seed bagels
2 eggs
½ cup milk
1 can (6 ounces) frozen orange juice concentrate, thawed
2 tablespoons sugar
½ teaspoon vanilla
Pinch of salt
3 tablespoons butter or margarine
⅔ cup pancake or maple syrup
1 orange peeled, cut into sections

Slice each bagel into 4 slices, cutting horizontally.

Mix eggs, milk, half the orange concentrate, sugar, vanilla and salt in a shallow baking dish.

Soak bagel slices in mixture 15 minutes on each side.

Heat butter in large skillet over medium heat. Fry bagel slices until golden, 3 to 5 minutes on each side.

Heat remaining orange concentrate, syrup and orange sections in small saucepan just to boiling. Overlap bagel slices on plate, spoon syrup over.

BAGEL PIZZAS

Sauce:
1 cup chopped onion
1 clove garlic, minced
2 tablespoons olive oil
1 can (16 ounces) tomatoes, undrained
2 tablespoons tomato paste
¼ cup grated Parmesan cheese
½ teaspoon dried oregano
¼ teaspoon dried basil
2 tablespoons minced parsley

Toppings:
1 cup chopped onion
1 cup chopped green pepper
1 cup sliced fresh mushrooms
Butter or margarine
¼ cup sliced olives
Anchovies, drained
4 ounces shredded Mozzarella cheese
6 bagels, cut in half, horizontally and toasted

Sauce: Saute onion and garlic in oil in large skillet until onion is tender, about 5 minutes. Stir in tomatoes and liquid, tomato paste, Parmesan cheese, oregano and basil. Heat to boiling; simmer uncovered until sauce has thickened, about 15 minutes. Stir in parsley.

Topping: Saute onion, green pepper and mushrooms separately in butter. Place onion, green pepper, mushrooms, olives, anchovies and cheeses in separate small bowls.

Heat oven to 450 degrees F. Place bagels, cut side up, on ungreased 16-inch pizza pan. Spread tomato sauce on bagels. Allow guests to sprinkle desired toppings on bagels. Bake uncovered until hot, about 10 minutes. Serves six.

Chicken soup doesn't rate

By
PATRICIA RUCKER

NEW YORK —

There's more to Jewish medicine than chicken soup.

In fact, the famous "Jewish penicillin" isn't even mentioned in 101 Jewish Holistic Health References and Remedies, a pamphlet published in New York by Burton Moskowitz, who describes himself as a poet and sometime garment wholesaler.

Moskowitz has compiled suggestions for healthy living from sources as varied as Maimonides and Menachem Begin. Some of them could come directly from your bubbie — for example, honey in hot water to wash away throat infections and soothe coughs.

And then again, some of them couldn't. Would she suggest that "for a delightful and romantic bed, perfume it with myrrh, aloes and cinnamon."

Common sense is ageless — a centuries-old Talmudic commentary advises that "it is healthier to live in an open city with gardens and parks where the air is of good quality than in a congested city." And so are good manners; eat slowly and discriminately, says a passage attributed to the Talmud — gulping your food down like a wolf is unhealthy.

Some suggestions are downright peculiar. A Rabbi Hon is given credit for recommending the following recipe to suppress fever: potato leaves, seven wood chips, seven wood pegs, seven horsehairs, and seven goat nails (???), tied all together and worn around the nose! Perhaps, speculates, Moskowitz, this compound scared the fever.

And if misery loves company, pity the poor rheumatism sufferer who follows the recommendation to drink fish oil — he'll rub his joints in solitude.

In a brief biographical note, Moskowitz says that "he has related to all kinds of people from Hassidic mystics to Mafia chiefs." To the mystics he could offer suggestion No. 31: "Soft music such as harp playing has a tranquilizing effect."

And to the chiefs? Try No. 36: "Eating rich food can be fatal when provoked to anger and bad temper."

The pamphlet, which sells for U.S. $3, is available by mail only from: J F D Press, 316 East 62nd St., New York, NY 10021.

Children sign up for camp

WINDSOR —

Youngsters aged from 3 to 12 have started to enrol in the Windsor Jewish Community Centre's Camp Yomee, which is celebrating its 28th anniversary this summer.

William Silver, president of the centre, says: "We make every effort to assure that no child is denied the opportunity of attending camp if they can't pay the full fee."

Day camp offers experiences in music, dance, drama, crafts, trips, athletics, nature, instructional swim and special events in a warm atmosphere. "Camp Yomee is designed as a total experience that will help each camper develop self awareness and socialization skills while having fun," says Silver.

David Whiteman, a medical student at the University of Western Ontario, returns as camp director. According to Whiteman: "Camp Yomee plays a vital role in our community providing an opportunity for children to experience the flavor and excitement of camping under the supervision of experienced staff members."

"This summer, camp promises to be better than ever," says program director Amy Whiteman. Plans for day trips, overnights, sports, arts and crafts, campfires and drama are under way.

Three sessions will be held: July 4-15; July 18-29; and Aug. 2-12.

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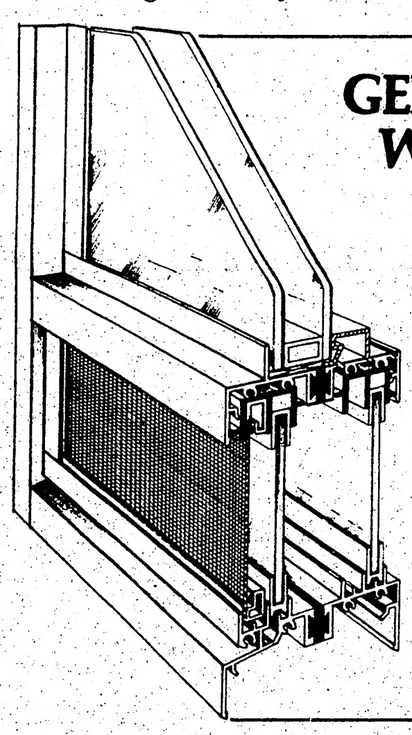

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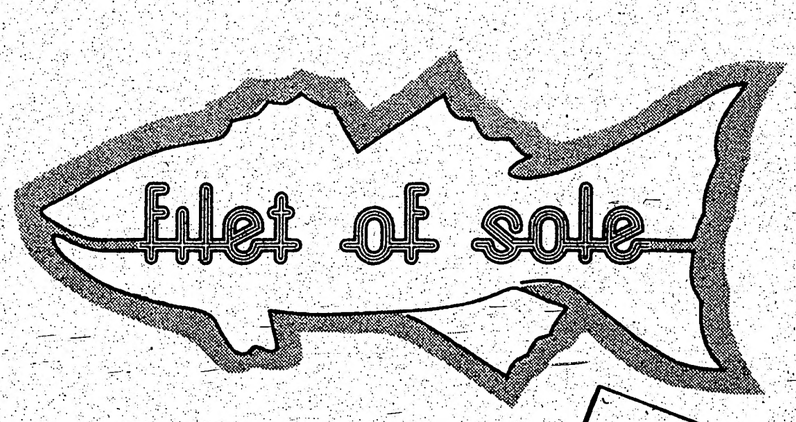

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Jay and Meridel Rawlings with former Israeli President Yitzhak Navon. [Photo Ross]

Help free Soviet Jews, couple asks Christians

By CAROLYN BLACKMAN

TORONTO —

Christians and Jews alike must band together in putting pressure on the Soviet Union to let Jews go, two members of the International Christian Embassy in Jerusalem said here recently.

"In any country where a Jew is persecuted, it is only a short time until a Christian is persecuted, and so we must all work together," said Jay and Meridel Rawlings at an evening in support of Soviet Jewry at the Beth Tzedec.

The Rawlings, who feel Israel is the best country where any Jewish person can reside, have themselves lived in Israel since 1976.

They have visited 90 countries around the world, encouraging Jews to make aliya.

The Rawlings' latest trip — to the Soviet Union — was to give encouragement to the Refuseniks and to make them aware that Christians and Jews are standing behind them.

"These Refuseniks are heroes," said the Rawlings. "They are beaten, fired from their jobs and imprisoned. Yet they never lose sight of their goal."

Meridel Rawlings said that, when they presented a gold pin to one Refusenik as a token from the people of Israel, he was "taken aback."

Goodwill gesture

"We went to the Soviet Union, not representing anyone, but as a goodwill gesture to make the Jews aware that certainly their exodus will come to pass in our day," Meridel said.

She said there has been an "incredible change" in the Soviet Union in the past six months against the Jewish people.

"We felt the oppression while we were there. Going from Canada to Russia would be like going from sunshine to a cloudy day," she said. "People are afraid to show their feelings. There is no laughter or loud conversation that is so prevalent in other countries." She said "we must continue to demonstrate and make our feelings known to Soviet authorities. They must continually be aware that we will not submit to their actions against us."

Financial situation so dismal academy may close doors

TORONTO —

Kiryat Arba's Hebron Torah Academy may have to close its doors this year, says Daniel Kurtz, an engineer from Toronto who made aliya a year ago.

The 6-year-old school, with an enrolment of 150 students from grades 1 through 7, combines traditional Jewish studies with the secular subjects taught at all Israeli grade schools.

Kurtz, who settled in Kiryat Arba with his wife Dena in order to ultimately send all of their four young children to the Hebron Torah Academy, is in Toronto to raise funds for the school.

The school's curriculum, Kurtz told The Canadian Jewish News, is based on the three stages of study for children recommended by Jewish sages since talmudic times. The academy has been planning three 5-year divisions of study.

In the Mikra (Scriptures) division, ages 5-10, the children study all 24 books of the Bible (from the large Koren Publisher's edition) in chronological order.

Particular attention is paid to Hebrew grammar and proper pronunciation. Verses are reviewed extensively, out loud and with appropriate cantillation, until they are virtually committed to memory by the children.

Words and phrases are explained precisely according to the simple interpretation as recorded by the commentaries.

In the Mishna (oral law) division (ages 10-15) the backbone of the curriculum consists of the study of the six orders of the Mishna. In-depth Bible study, Midrash and Halacha are also included.

By adolescence, a young person's intellectual and reasoning powers are normally fully developed, and he is ready to enter the Talmud division (ages 15-20, contingent upon the appropriate arrangements with the Israeli Defence Forces). In this division, the curriculum will be centred around in-depth study of Talmud, Halacha and Agada.

In accordance with the view of Rabbi A. I. Kook, who said Torah encompasses all aspects of life, secular studies are incorporated into the study of Torah. Subjects like mathematics, and English (starting in the 6th grade) are taught separately.

The Talmud division is planned to lead to Israeli matriculation. At that point, the student will have the option of furthering his education in either religious or secular studies.

The school last year received only 25% of its budget from the government, and the financial situation "is so dismal," said Kurtz, that it is questionable whether the school will be able to continue its operations through next year.

The results of the school so far have been "marvellous," says Kurtz, with the students — after five years in the school — knowing the entire 24 books of the Bible, together with the traditional cantillation, virtually by heart.

Adds Kurtz: "The typical student gives the impression of a happy, satisfied and well rounded child, inculcated with a love of Torah, the land, and his fellow-Jew."

Closure of the school "would not only be tragic for Kiryat Arba, but would also be a loss to the Jewish people," said Kurtz.

For more information on the Hebron Torah Academy, phone 636-7688. Donations may be sent to Hebron Torah Academy, 36 Beaver Valley Road, Downsview, Ont. M3H 4S1. If a tax receipt is required, checks should be made payable to the Press Foundation, for $18 and over.

Driver fatigue can be deadly

Most of us are at least vaguely aware that driver fatigue can be an undesirable condition.

The result, too often, can be tragedy.

The Canada Safety Council, which sponsors the Summer Safety Campaign, offers these tips to drivers:

1. Be well rested before starting the trip.

2. Avoid heavy foods and alchoholic beverages immediately before starting and during the journey.

3. If using prescribed drugs, know their effects on driving — (eg., drowsiness, hallucinations).

4. Wear good quality sunglasses in bright daylight. Don't permit your eyes to become fixed on the road ahead, keep them moving, scanning the traffic scene.

5. Keep the vehicle well ventilated.

6. Stop at least every two hours for a break, and get out and walk around. Have an occasional snack.

7. Make use of the radio if alone; conversation if company is available.

If, despite precautions, a driver still feels drowsy, there is only one choice: stop and sleep. Fatigue can be fatal.

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Arts

Playing for Prince Philip turns on members

It's a royal time for the Hourglass Dance Band

By
GARY COHEN

TORONTO —
Kenny Simon's a pretty lucky guy. A little musical talent, a little business acumen, a well-placed word and the son-of-a-gun gets the royal treatment.

On July 4, the 29-year-old bass guitarist and the six other members of his Hourglass Dance Band will be called upon to put the crowning touches on a fund raising $250-a-plate Duke of Edinburgh Awards Dinner at the Royal York Hotel. What has the seemingly laid-back Simon excited is that HRH Prince Philip will be attending to present the awards.

This isn't to say that Simon is rattled by the engagement and his good fortune. He's a 13-year professional musician who, as noted, has a collected air about him. But . . . there is something exceptional about playing in front of royalty.

"This is definitely a very special, high profile event," says Simon. "I think just about anybody likes the idea of being around the monarchy. I'm glad to be part of this event and to help raise funds. And basically it is just an honor being there with the Prince.

"If we were playing for the Progressive Conservative Party or the NDP it would be more of a political hot potato. But this is above politics. This is class."

Simon readily admits that the royal personnage and anticipated crowd of 1,100 is expected to generate a high energy level amongst the band members. "But being a little nervous is part of being a professional. If you're not nervous, then you are in trouble. It makes you better at what you are doing," he professes.

Hourglass and the other acts on the evening's bill, the Nylons and the Spitfire Band, have virtually donated their time for the benefit dinner/dance. Simon says he thinks the cause "is important enough to go at cost." The awards honor junior achievements in sport, academics and other disciplines, while funds raised go to promote higher levels of accomplishment amongst the young awardees.

And, of course, there is the public relations value. Simon is a shrewd enough businessman to recognize the advantages of this particular booking. He generally has a business-like approach to his work, in fact.

"(Performing) is a business as far as I'm concerned," Simon says. "To get people on stage you have to act as though you are conducting business." The attitude is not surprising considering his background.

A Ryerson business administration graduate, Simon worked for a linen supply firm until last year when he decided to stick with music as a full-time career. But long before that decision he had parlayed his business instincts and childhood love of music into a weekend operation that brought in some extra cash.

In 1970, Simon (his real name is Namak) organized the Hourglass Dance Band after playing in local "garage bands" through his early teens. Today, he is the only remaining founding member. Simon claims, though, that this is the best version of the band yet.

Currently joining Simon and his bass are Peter MacNamara, trumpet, Allan Ruuskne, saxophone, Rich Washbrook, guitar/vocals, Chris Burton, vocals, Mark Kelso, drums and Stacey McGregor on piano. (McGregor, who can't make the Royal York date, will be replaced by Anthony Pannacci.)

This is certainly the most successful Hourglass, working full-time on the wedding and bar mitzvah circuit, doing corporate parties and playing the odd benefit for Israel Bonds and other Jewish organizations.

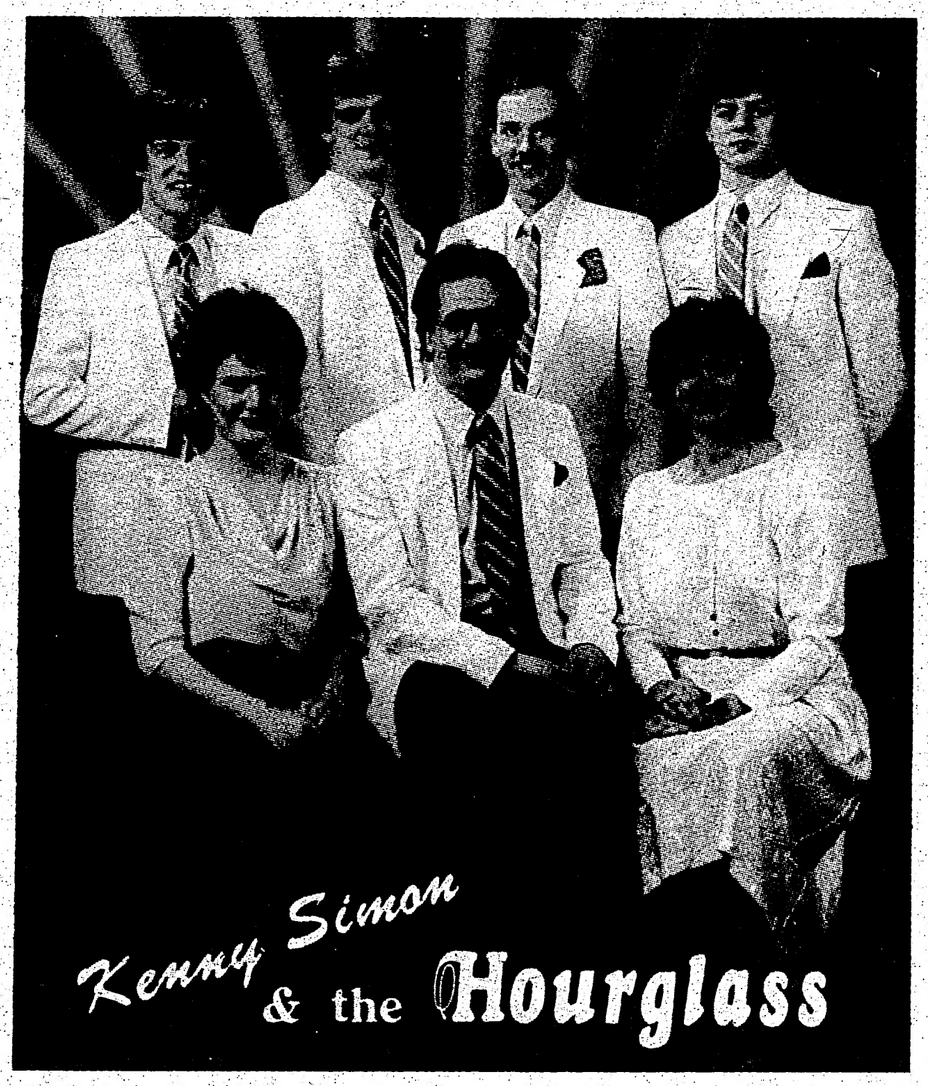
Most of their work, Simon says, comes by word of mouth. And that is exactly how Hourglass found its way to the Royal York. They were recommended to a person at the communications agency that organized the awards night. Impressed by the band's diversity (the repertoire includes anything from current hits to old standards) and their clean-cut image ("you don't smell marijuana smoke in between sets — we're not that kind of band) the agency booked them for the evening.

Do they have anything special planned in honor of Prince Philip's presence at the affair?

Not really, says Simon. "We are going in with our standard show. We'll do what we usually do best. The only difference is that we'll be using more road crew people to make sure that things are done properly."

Wherever and for whomever the band plans, Simon insists, Hourglass' approach and goals are the same. "We want to be a good, tight band and play lots of high class gigs that allow us to express ourselves musically."

And how much classier can you get than playing for the Queen's husband?



Forum features new pops

TORONTO —
Ontario Place now has its own pops orchestra, under the musical directorship of Boris Brott.

The Ontario Place Pops Orchestra will consist of musicians from most major orchestras in Ontario, and will feature major Canadian and international stars. The premiere performance of the orchestra on June 15 featured renowned Canadian cellist Ofra Harnoy in a program of Tchaikovsky favorites.

Future performers include Hagood Hardy, Veronica Tennant and Louis Clark. All performances are at the Forum, and begin at 8.30 p.m. on Wednesdays.

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By VIVIENNE MUHLING 481–6434

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TO HAIFA WITH CARE

Arts

Rediscovers own roots on museum project

Professor collects folktales of Moroccan Sephardim

By
ARNOLD AGES

MONTREAL —

Andre Elbaz, currently spending a sabbatical year in Montreal, enjoyed collecting folklore tales of the Canadian Sephardim as much as he did editing and publishing them.

Meknes-born Elbaz, a professor of French at Carleton University in Ottawa, has been interested in folk literature from the time he first accompanied his pious father to synagogue in Morocco when he was a child growing up in that country.

He remembers hearing tales of imagination, wonder and religion from the men of the community. Moroccan Jewish women were also great spinners of folktales.

With the dissolution of the Moroccan Jewish community in the wake of the creation of Israel, the vast majority of its members went to Israel. The second largest group emigrated to France.

A smaller number, about 15,000, settled in Canada — in Ottawa, Toronto, Montreal and Quebec City.

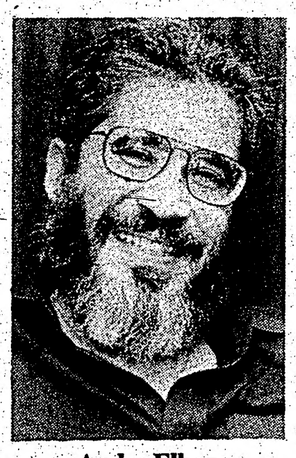
Several years ago Elbaz was approached by the National Museum of Man in Ottawa to collect, as part of its ethnographic studies, the folktales of Moroccan Sephardim in Canada.

Elbaz, originally hesitant in accepting the project, soon embraced it wholeheartedly and looked upon it as a kind of rediscovery of his own roots. The result has been the publication jointly by Fitzhenry & Whiteside and the National Museum of Man of: Tales of the Canadian Sephardim.

The book is profusely illustrated and rendered in English (from Elbaz' original French) by the Museum's translation department.

Elbaz says the Moroccan Jewish immigration to Canada, a phenomenon of the 60s and 70s, was prompted among other things, by the intervention of the Canadian Jewish Congress, which did exceptional work in obtaining preferred status for Moroccan Jews wishing to settle in this country.

The Carleton professor does not suggest that Jews were ever in danger of physical violence in Morocco although there were concerns expressed in that regard. The reasons for the Moroccan Jewish immigration, says Elbaz, were related, in part to the high level of culture among the Moroccan community.



Andre Elbaz

"A number of the immigrants were former teachers in the Alliance Israelite Universelle schools in Morocco and were excellent pedagogues. They were attracted by francophone Montreal and became accepted quickly as teachers there. One of the heads of the Protestant School Board of Montreal was a Moroccan Jew."

Elbaz, whose scholarly studies in modern French literature occasionally touch upon Jewish themes, recently conducted an interview with Naim Kattan of the Canada Council (featured in Viewpoints). He says the situation of the Jews — described by Kattan as an idyllic one — in which Iraqi Jews were integrated into the general Arabic culture of the country, is not the kind in which Moroccan Jews lived.

"We did not have the close contacts with the Arabs the way Iraqi Jews did. Growing up as a Moroccan Jew we tended to look up to French culture as the superior one and to Muslim-Arab culture as inferior. Kattan told me he had studied the Koran. I didn't have the faintest idea of the Koran when I grew up in Morocco.

"In Morocco we had our own cultural milieu. In fact, we were a kind of state-within-a-state."

If this was the case, how is it that many of the stories in the new Elbaz anthology bear the imprint of Berber-Arab folklore and religion?

Elbaz agrees in the preface to his book that the "jinn" — malevolent Muslim underworld spirits, animate many of the stories in Moroccan Jewish folklore.

Says Elbaz: "While it is true that we lived in a separate environment from the Arabs in Morocco, their influences were inescapable. Don't forget, we had daily contact with the Arabs; we spoke their language. Our women went to the suk — the market. As a result of those contacts many of the Muslim-Arab folk traditions became assimilated into the Moroccan Jewish consciousness."

In the folktales of the Canadian Sephardim which he has collected, Elbaz makes a distinction between those told by women and men.

"One of the reasons that Sephardic women were so much involved in the folktale pattern is that they, like many of their Ashkenazi counterparts, were illiterate. Since folklore is part of oral history it was natural for them to become involved in collecting and transmitting these folk materials."

Elbaz says Barbara Kirshenblatt, a specialist in Ashkenazi folk literature, has confirmed this phenomenon.

"As I went about my task of collecting the folk traditions among Canadian Sephardim, I had some fascinating experiences. On approaching some of the older gentlemen I witnessed them coming alive as they opened up with both stories and autobiographical details about Jewish life in Morocco.

"One of the interesting differences I noted with regard to folktales generated by men and women was that the latter often used secular themes, while men stayed pretty much within the pious or religious tale.

"The reason is that men went to synagogue; there they studied and read the Torah, Midrash and other religious works. Their stories, then, are bound to reflect a religious orientation. The women, on the other hand, were largely illiterate, stayed at home and had contact with non-Jewish elements in society. Their stories, as a consequence, are more like fairy tales; they are lighthearted and deal with everyday themes."

The tales of the Moroccan Sephardim in Canada glory in the inevitable triumph of justice and morality and the vindication of Jews and Judaism. Elbaz explains that this fictional rendering was a natural sublimation to be found among a population often victimized by persecution and the excesses of Arab society.

Moscow escapee opens art exhibit

VANCOUVER —

An exhibition of paintings by artist Igor Khazanov opens this week at the Shalom Gallery.

Khazanov was born in Moscow in 1943 and escaped to Canada two years ago. He is the son of well known Russian artist Moisy Khazanov. Respected and sought after in the Soviet Union, Igor Khazanov won first prize at a group exhibition in the Palace of Art, Moscow, in 1972.

His paintings on Jewish subjects and his departure from the exclusive orthodoxy of Soviet social realism earned him displeasure within the Soviet hierarchy, and in the summer of 1980 Khazanov, his wife and daughter moved to Vancouver.

Khazanov's paintings "are marked by speed and immediacy, with finger-blurred shading heightening the impression that the images are moving faster than the eye can see," says his brochure.

The show at Shalom Gallery, 950 West 41st Ave., continues to July 8. The gallery is open Sunday to Friday from 10 a.m. to 5 p.m.

Exhibition features 550 artists

TORONTO —

The 22nd annual Outdoor Exhibition opens this year on July 8 at Nathan Phillips Square. It runs through until July 10.

Featuring over 550 artists, the show will be open from morning to sunset. Sculpture, ceramics, jewelry and photography will be on display.

Admission is free to the more than 100,000 visitors expected to see the show, and a free program listing all exhibiting artists is available.

Over $7,000 in prizes will be awarded to category winners in an official awards presentation on July 10, at 2 p.m.

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Modern restorer's tales of fantasy captivate reader

books

By BERNARD BASKIN

Elijah's Violin & Other Jewish Fairytales — selected by Howard Schwartz, Fitzhenry and Whiteside, $20.50; Folktales of the Canadian Sephardim, by Andre E. Elbaz. Fitzhenry and Whiteside, $14.95.

The Kabbalistic teachings of Isaac Luria (1534-1572) include the legend that when God created the world he dispersed vessels filled with a wonderful primordial light. Alas, these vessels were shattered, scattering their bits of precious light to all corners of the earth. The destiny of the Jew is to seek out these sparks of illumination and to bring them together into a unity that will restore the world to its pristine state.

Howard Schwartz, a modern restorer of the scattered sparks, has traveled widely in the realms of fantasy and folklore. He has brought together scattered gems of Jewish stories and tales and made them available to us.

The 36 stories of fantasy and romance in this charming and surprising collection are culled from the Talmud and Midrash, the popular folk literature of the Middle Ages, and the chassidic era of the 18th and 19th centuries. They come from many countries: Egypt, Spain, Palestine, Morocco, India, and Eastern Europe. A few are derived from the ancient oral tradition of the ballad.

Deftly and entertainingly retold from Yiddish and Hebrew, these stories like similar material from other cultures deal with wandering kings and imprisoned princesses and the quest for golden mountains and magic birds. Of course, there are perils to be overcome, witches and sorcerers to be outwitted, demons and dragons to be slain.

Four stories from the imagination of Nacham of Bratislav (1772-1811), the troubled chassidic mystic, are really extended spiritual parables. One of these is an elaborate allegory of the legend of the 36 righteous persons in every generation upon whose worthiness the world rests.

Another group of stories describe the exploits of Rabbi Adam, a medieval miracle worker and magician who comes to the aid of his fellow Jews when they are in danger. It is easy to see how a figure like Adam emerged out of Jewish frustration, fear and helplessness.

Creatively illustrated by Linda Heller, this volume has wings to fly enthralled readers of all ages to an enchanted and enchanting world where everything is possible.

Andre Elbaz is a professor at Carlton University in Ottawa. Born in Morocco, he is intensely concerned with preserving Sephardic culture — especially in its transplanted form in Canada. His book consists of 80 folk tales, legends and anecdotes that have been related to him by 43 informants.

Most of the selections are brief and vary in interest and readability. The material involves magic, malevolent spirits, miracle-working rabbis, humorous anecdotes and didactic material of biblical and Talmudic origin.

The author is convinced that the brutal intrusion of the modern world endangers the survival of this Judeo-Moroccan folk culture. His book is an effort to preserve it as a vital part of the Jewish heritage.

Prepared under the auspices of the National Museum of Canada the volume contains a scholarly introduction, glossary, bibliography and a motif index.

Israel dance company is season's hit, but winter months hurt many events

music

By RICK KARDONNE

As in previous seasons, the 1982-83 Toronto Jewish cultural season peaked in May. May had an abundance of varied showstopper events, while the previous period was spotty.

Actually, the biggest audience-draw month is November, when darkness comes early but it's before bad-weather months and winter vacation time. If next season, more Jewish cultural events could be planned for November, the results in every way could be most heartening.

Herewith, the annual review of the 1982-83 season:

The best Jewish cultural event was the Canadian tour of Israel's Kol Demama Dance Company (whose Toronto leg was at O'Keefe Centre). Runners-up include: (1) the Canadian premiere of Ben Steinberg's Crown of Torah cantata at Temple Sinai, then at Holy Blossom, (2) Naomi Shemer's concert appearance at Beth Tzedec as part of the Shearim benefit, (3) Mort Sahl's 2-day performance at the Heritage Theatre, which proved that the truest anti-establishment intelligentsia positively pro-Begin, and (4) Holy Blossom's presentation of Handel's oratorio Israel in Egypt.

While I was in Israel at the time of the last-mentioned event, the ambition in mounting such a work, together with the first-rate roster of performers, merits commendation for Cantor Benjamin Z. Maissner and every body involved.

The absence of Israel Day this year was disappointing, but the circumstances were not entirely within Jewish communal control. If a more acceptable date can be arranged next year, Israel Day at Ontario Place will be bigger and better than ever.

Campus-level Jewish musical activity continued to be weak at a time when, due to overt anti-semitism on several campuses, a stronger-than-ever source of Jewish-Israeli inspiration is of dire necessity.

Congress and B'nai B'rith must allot more funds to Jewish student organizations throughout the country so that at least once a month, top touring Israeli and Jewish acts will perform at the various universities for reasonable student-ticket prices. The self-esteem of our Jewish student generation is at stake.

The JCC's Israeli-Yemenite folkdance clinic, with the Yemenite master Seudai Amishai, hosted by Teme Kernerman, exemplified how the most exciting Israeli folklore can evoke natural enthusiasm here. Let's implant this spirit onto the beleaguered campuses.

Grassroots interest increased in solid-quality Jewish choral music. This interest climaxed in a March choral clinic which came a week before the annual choir concert. The premiere of Sid Robinovitch's Shir HaNagid and the PhD thesis by Messad Salama indicated an admirable depth of Sephardic musical scholarship taking place here, with important implications for the entire Jewish world.

All in all, 1982-83 was a good Jewish musical season in Toronto. With more student-oriented Jewish cultural activity and a bit more spreading-out-throughout-the-winter of key events as opposed to concentration in May, 1983-84 will be even better.

* * *

Violinist Mark Kaplan, praised by the London Telegraph for his "great panache and brilliance, revealing a dazzling style and expression" will appear at most of this year's Festival of the (Parry) Sound concerts from July 22 to Aug. 14. Other top featured performers include mezzosoprano Catherine Robbin, pianist Anton Kuerti, and violist Steven Dann together with Moe Koffman and Dizzy Gillespie.

An all-rhythm concert July 26, entitled Repercussion, features a large percussion ensemble in Bach to Bartok, African, salsa, ragtime and jazz.

Another highlight is the Sunday floating Water Music concerts. For further information call 922-9922.

Variety is key to festival

TORONTO —

The Muskoka Festival celebrates its 36th season this year with productions of four blockbuster shows.

Nurse Jane Goes to Hawaii, Blue Champagne, Side by Side by Sondheim and Murder Game will provide summer residents in Gravenhurst and Port Carling with plenty of entertainment this year.

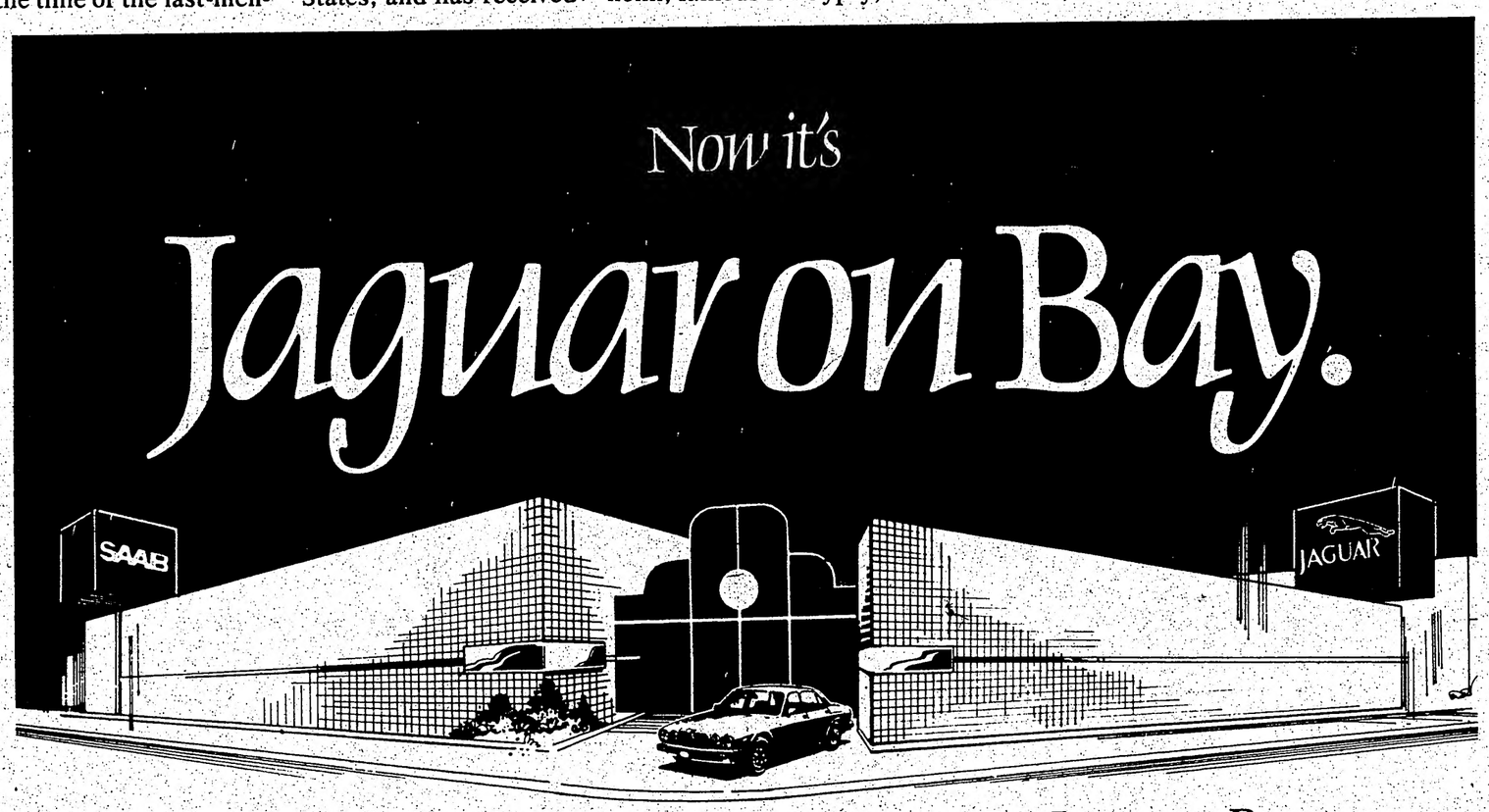
Nurse Jane Goes to Hawaii has played to packed houses across Canada and the United States, and has received rave reviews. It is a comedy, based on confusion, mistaken identity and pure mayhem.

Blue Champagne is a musical tribute to the 40s and the big band style. The show actually simulates a live radio broadcast, with the cast singing and dancing its way through over 60 songs of that era.

The second musical on the program, Side by Side by Sondheim, Features the music of popular composer Stephen Sondheim, famous for Gypsy, West Side Story, Follies and many more.

Mystery thriller Murder Game plunges lead character Beth Manners into a deadly game. A chilling whodunnit, the play is full of suspense, murder, intrigue and surprise.

Regular ticket prices for these shows are $7 and $9 and can be obtained by calling (705) 687-2762 in Gravenhurst or (705) 765-3209 in Port Carling. Mail orders are accepted at Box 1055 Gravenhurst, P0C 1G0.



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Buffalo's little animal house turns into a really big zoo

BUFFALO —

What started out as a gift of two deer in 1870 has evolved into a 23-acre zoo housing 1,000 mammals, birds, reptiles and amphibians and has become the pride of Buffalo.

Today, the Buffalo Zoo is in the midst of a master plan of intensive construction and redesign based on the concept of a "bar less" zoo. There are wide moats, low walls and railings, and depressed areas for the kodiak and polar bears.

A new yard is under construction for the rare black rhinos, giraffes, bison, camels and a host of other animals, all easily visible to the public.

The newest full exhibit at the zoo opened in the fall of 1982 and the tropical rain forest, gorilla habitat and aquarium occupy a large part of the main, horseshoe-shaped building.

The zoo is really a city within a city, having its own hospital, a surgery unit, X-ray equipment and animal quarantine area.

Another building now under construction is the Children's Resource Centre, a science magnet school for outstanding junior high school students, which will be utilized by the City of Buffalo school district nine months of the year, and by the zoo for educational programs during the summer.

The zoo is also the first facility of its kind in the U.S. to house a full-time public school on zoo grounds which will serve 240 students in its eight classrooms, laboratory, greenhouse and library.

The $2.7 million building will also include a 300-seat auditorium, demonstration areas, animal care facilities and a gallery to display and interpret the zoo's collection of Boehm wildlife porcelains, the most extensive collection outside Washington.

As part of its outreach and education programs, the zoo boasts 100 trained volunteers; a Zoomobile which takes exhibits and animals to schools, senior citizens' centres and hospitals; and a mini-theatre in the main building at which educational shows and exhibits take place.

A family trip to the zoo costs a maximum admission fee of $5. Senior citizens and children under 4 are admitted free. Gates open year round at 10 a.m. and close at 5.30 in the summer, 4.30 the rest of the year.

The entire zoo is easily accessible to the handicapped and strollers can be rented. Picnic tables are available both inside and outside.

Troops battle in Virginia

WASHINGTON —

The troops will soon be gathering in Alexandria, Virginia and when the smoke clears at the end of the Aug. 13 weekend, onlookers will have witnessed the re-enactment of the Battle of Fort Stevens.

This, and a number of other activities, will be presented during a free weekend of living history Aug. 13 and 14 at Fort Ward Museum and Park. Hundreds of Civil War soldiers from re-created military units and their camp followers will take part in the program.

The Fort Stevens battle will be fought by authentically-equipped Civil War reenactment units, including infantry, artillery and cavalry. Mock casualties, smoking muskets and tactical maneuvers will all be part of the action taking place around Fort Ward's accurately restored northwest bastion.

Fort Ward Museum was Alexandria's first major restoration project and the museum houses an extensive permanent collection of Civil War artifacts, historic papers and exhibits.

The living history weekend will begin Saturday, at 2 p.m. with a ladies' promenade of Civil War-era clothing.

A Civil War band concert will kick off Sunday's activities at 12.30 p.m. Confederate and Union soldiers will pass in review at 1.30 p.m. as President Abraham Lincoln accepts the participants' salute.

During the actual Battle of Fort Stevens, Lincoln witnessed the action from behind the front lines, marking the only time in history that an American president came under fire while in office.

Fort Stevens was also the only Civil War fort in the defence of Washington to be attacked by Confederate forces. It was one of 68 forts built to protect Washington from Confederate invasion.

Colorful signs mark rated Ontario hotels

TORONTO —

This season, more than 650 Ontario hotels, motels, resorts, fishing/hunting camps and lodges will sport the white, blue and orange sign Tourism Ontario Recommended, signifying they have met objective industry standards.

The hostelries' individual ratings, from one to five stars, along with rates, services, facilities and other information, are listed alphabetically in the newly published 1983 guide to Tourism Ontario Recommended accomodations.

The ratings, begun three years ago under the auspices of Tourism Ontario Inc., a federation of hospitality and travel associations, are checked annually.

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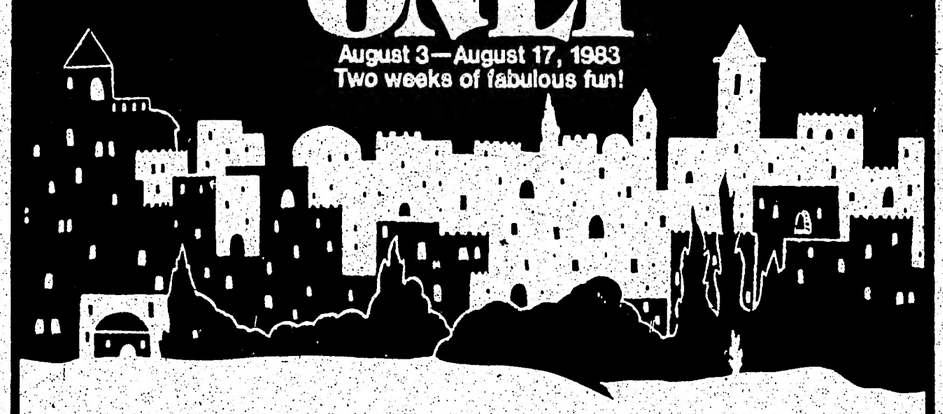

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Cowboys are kings at wild, woolly Calgary Stampede

By JAMES MONTAGNES

CALGARY — You won't find another place in North America as exciting as this city when the annual Calgary Stampede gets under way here on July 8. Then the cowboy reigns supreme.

It starts with a vast parade led by a Highlanders' Band, cowboys on horses by the hundred, Indians in full regalia, chuckwagons from many ranches, clowns and parade marshalls wearing those big white western hats.

The Calgary Stampede lasts till July 17 with different events every afternoon and evening in front of the vast grandstand. Its activities and size have been growing steadily since the first Stampede in 1923.

This year there are activities all over town, with free pancake breakfasts, stage bands and marching bands, square dancing in the streets, Stampede caravans from shopping centres, a casino and lotteries.

There are afternoon and evening rodeos, nightly chuckwagon races, a stage show in front of the grandstand, a midway, an Indian village, and an early Western town.

Obtain your tickets for the grandstand events as early as possible — general admission to the grounds is $4 for adults, $3 for senior citizens, with grandstand seats ranging from $8 to $17.50 for afternoons, from $10 to $28.50 for evenings.

If you have energy to spare the city has many other attractions, including Heritage Park, a replica of a town of 1905 [admission $3.50 for adults, children $1, with train ride and boat rides extra]. You can easily spend a few hours in this palisaded restored village with a train to take you about visiting old-fashioned stores, bakery, blacksmith shop and homes.

Calgary has a smaller version of Toronto's CN Tower, from the top of which you can see the first mountains of Banff National Park, a zoo where live animals mix with lifesize man-made dinosaurs, a replica of a North West Mounted Police post of a century ago, the Glenbow Museum on the Plains Indians, monuments and numerous museums and art galleries.

At Edmonton, the provincial capital, the world's university athletes will gather for Universiade 83 from July 1 to 11. Some 4,500 competitors will take part from all parts of the world, and some 700,000 spectators are expected.

From July 21 to 31 Edmonton takes on the look of the frontier town it was early this century when would-be gold miners came through on their way to the Yukon gold field. Klondike Days in Edmonton is a fun time, with the local folks and as many visitors as possible, dressing in costumes of the early 1900s.

There are parades aplenty, pancake breakfasts on street corners, gold panning in nearby rivers and streams, Indian dances, horse races and transportation in early automobiles as well as horse-drawn stage coaches. Even the police dress as they did more than 80 years ago.

During Klondike Days the sound of bands and honky tonk pianos fill the air. Kicklines and entertainers on downtown street corner stages attract happy crowds and tie up noon traffic. On the North Saskatchewan River, which meanders through the city, outboard-motored bathtubs race back and forth.

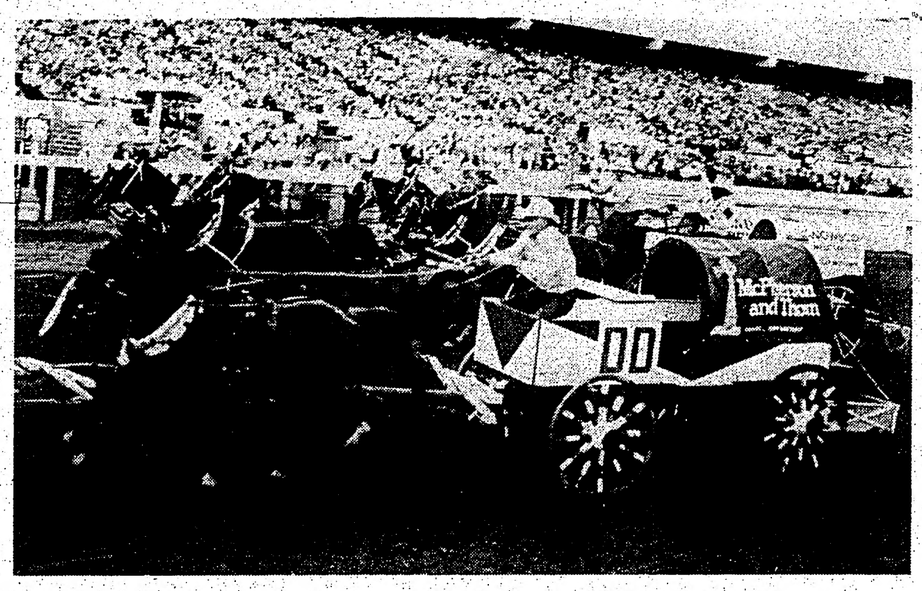
Edmonton has plenty of other attractions. There is Fort Edmonton Park, with replicas of the log buildings of the first fur trading forts on the river, where you can see how the early fur traders lived, how the women wove cloth and the tools early traders and settlers used.

The park also has a replica of an Edmonton street of 1905 era when the province of Alberta was established, and another section showing life in the early 1920s. (Admission $3.75 for adults, seniors $2, youths $2 and children, from 6 to 12 $1.50.)

Recently opened is the Muttart Conservatory, a group of four pyramid-shaped glass buildings with flowers and plants from various areas of the world. Admission $2 adults, seniors $1.50, youths $1.50, children $1).

There are museums to the first oil derrick which brought in oil at nearby Leduc in 1947, a Canadian Aviation Hall of Fame, a Ukrainian Museum, a provincial museum and numerous historic buildings.

(Calgary has three synagogues: Beth Jacob, Orthodox, 1212 12th St. SW; Beth Israel, Conservative, 1325 Glenmore Trail SW; and Shaarey Tzedec, Conservative, 103 17th Ave., SE. Edmonton's synagogues are Beth Shalom, 11916 Jasper Ave., and Beth Israel at 10205 119th St.)



Chuckwagon races at the Calgary Stampede

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Nelson at Glen Abbey

Karate aims not for victory, but for character perfection

sports scene

By GARY COHEN

"The ultimate aim of karate lies not in victory or defeat, but in the perfection of one's character," explains thoughtful black belt karate instructor Michael Hirchberg.

Positioned in the middle of a hallway with students standing attentively at his side, Hirchberg is counseling a young disciple of the JCC's Kai-Shin Karate Club on the finer points of a kata — a routine which consists of prearranged, traditional fighting movements.

In a gentle, but firm voice, he admonishes the youngster on his mistakes. The class then studies Hirchberg as he proceeds to demonstrate the correct arm movements which are punctuated by menacing breathing and gutteral sounds that lend to the power and precision of the routine.

The young student, inspired by the demonstration, moves away to continue his practice and to try and achieve the same level of perfection as his instructor.

Hirchberg, 22, has been teaching karate at the JCC for about two years and is currently ranked 7th nationally in the open-hand form division of the discipline.

His personality is an interesting mixture of joie de vivre coupled with an authoritative intensity that seems out of place with his youthful demeanor. As quickly as a chameleon changes colors to suit his environment, Hirchberg effortlessly glides from his amiable nature to one of serious contemplation as soon as the conversation turns to his study of karate.

"I started karate because someone showed me a basic move and, by accident, hit me in the head and almost knocked me out cold," he recalls. "At the time I was overweight, extremely short for a 12-year-old and chicken as far as fighting was concerned."

From that day on, Hirchberg began to immerse himself in the study of this highly technical art. So complete was his devotion that, by practicing five hours every week day and 10 hours on weekends, he obtained his black belt within 2½ years. It normally takes five years to accomplish that level of achievement.

In 1976, at the age of 15, Hirchberg was the fourth youngest black belt on the competitive circuit — competing against men 10-15 years older than himself. However, the age of his opponents didn't affect his competitive desire. He maintained a rational approach when entering tournaments.

"Age is not a barrier in the martial arts," he says. "But at the time, when I was competing against guys 25-30-years-old, my main restraint was trying to preserve my body, not to come out injured — and that in itself was a victory.

"But karate has changed. When I started it was very traditional — bone-smacking and bone-crushing. It wasn't uncommon to emerge from a competition with teeth knocked out, broken fingers and toes, bruised shins. But you were trained for this. Now, equipment is mandatory in black belt divisions."

Karate competitions are divided into three main categories: open-hand form, weapons and fighting. However, despite the popular notion that being "number one" is the only means of achieving success, karate tournaments seem to transcend that idea.

"Competition is not as important as most people think," Hirchberg offers. "They merely serve to motivate one's spirit because the challenge is there. The trophies I've won are valueless. They're nothing but a heap of metal. The main thing that you win is respect."

Through his extensive study Hirchberg has been able to develop a deep-seated philosophy. Whereas in other sports there is often another piece of equipment that one must take into consideration, karate concentrates on the self and this in turn can affect one's lifestyle outside of karate class in a profound fashion.

"One begins to 'live' karate. As your confidence increases through training, obstacles in daily life are little mole hills compared to obstacles in karate," he says. "The fact that you are able to accomplish certain things only with your body gives you that internal confidence."

This confidence is especially evident in the classes Hirchberg conducts for handicapped people at Variety Village. Being able to manipulate parts of their bodies into the forms that Hirchberg teaches them provides the handicapped with a satisfaction that also helps them overcome the restraints of their disability.

"It's one of the best forms of rehabilitation," he comments. I've received some very positive feedback from the therapists."

Hirchberg's JCC classes fill up the rest of his already busy schedule. During the day, he works for the family owned company, Active Knitting Ltd., and teaches karate four nights a week for the Kai-Shin Club.

With students ranging in age from 6-year-olds and up, the JCC club is noted for its high calibre of talent. Competing recently against other teams from Canada and the U.S. at the Ontario nationals, the squad produced an excellent fourth place finish.

The next official karate lessons at the JCC don't start until September. But Hirchberg will be offering free karate lessons for beginners to JCC members throughout the summer. They will take place Sundays, 2-3.30 p.m., and Thursdays, 6-8.30 p.m. for ages 12 years and up.

(Sports Scene extends its thanks to freelance university writer Elissa S. Freeman for the preceding feature story.)

* * *

As summer marches on, so does the B'nai B'rith baseball league. Last week's heavy schedule pushed the teams to the one-third point in the season and, like the week before, several teams doubled up to play twice.

In Division I action, it was Toronto Freedom B 6, Leonard Mayzel A 1; Canyon A 6, Toronto Freedom D 5; Upper Canada A 12, Leonard Hayzel B 3; Toronto Freedom A 5, Maccabiah A 5; Wilson Heights A 7, Toronto Freedom C 5; Leonard Mayzel A 2, Canyon A 2; Upper Canada A 14, Toronto Freedom B 3; and Wilson Heights A 4, Maccabiah A 2.

In Division II play, it was Forrestdale A 5, Upper Canada B 3; Unity A 11, Leonard Mayzel C 9; North York A 8, Manor Metropolitan A 0; Thornhill A 11, Aaron Hart A 11; and Upper Canada C 15, Toronto Freedom E 10.

In Division III, it was Circle A 8, Upper Canada D 2; Judea A 7, Canyon B 5; Maccabiah B 5, Unity B 2; Toronto Freedom G 8, Forrestdale B 6; and Toronto Freedom F 8, Don Mills A 6.

* * *

Golfer Amy Alcott recently chalked an impressive third-place finish at the Lady Keystone Open held in Hershey, Pa., finishing two strokes behind repeating champion Jan Stephenson.

Alcott, who will be honored by Maccabi Canada for her athletic contributions sometime next month, shot a closing round 67 to finish with a nine under par 3-round total of 207.

The performance earned the IPGA star $14,000.

* * *

Israeli tennis star Shlomo Glickstein was an early fatality at Wimbledon last week as he lost his opening round match to American Brian Gottfried.

Gottfried, the tournament's 13th seed, swept past the unseeded Glickstein in straight sets, 6-1, 6-4, 6-4.

* * *

Toronto sports promoter Irving Ungerman has been hot on the fund raising trail recently in support of several worthwhile athletic projects.

Besides helping to organize last week's Canada-Israel national team basketball game at Varsity Arena which put money in the coffers of both Basketball Canada and Maccabi Canada, Ungerman recently helped raise $500,000 for Canada I, this nation's challenger in the upcoming America's Cup boating race.

Two weeks ago, the veteran promoter took part in a luncheon at the Westin Hotel which garnered $35,000 for construction of the new Irving Ungerman Sports Complex for the Handicapped. And, to top off the charity boosting spree, he is presently in the process of organizing an event on behalf of UNICEF.

So . . . who said charity begins in the home?

* * *

The northern branch of the Jewish Community Centre will soon begin a $1,000,000 expansion of its men's and women's health club facilities, JCC president Martin Mendelow told Sports Scene.

The proposed expansion will add 8,000 sq. ft. of space to the complex, including new administrative offices for the women's health club, and a new lobby entrance and atrium at the front of the building.

* * *

Canada's 1982 runner of the year, David Edge of Ancaster, Ont., is one of the confirmed track stars who will take part in the Miller High Life Toronto Marathon on Sunday, Oct. 2.

* * *

U.S. Open golf champion Larry Nelson recently confirmed that he will take part in the 1983 Canadian Open Golf Championships, Dick Grimm, director of professional tournaments for the Royal Canadian Golf Association announced last week.

Nelson joins Jack Nicklaus, Craig Stadler, Johnny Miller, Calvin Peete and defending 1982 champion Bruce Lietzke as an entrant in the tournament which takes place at Toronto's Glen Abbey Golf Club, July 25-31.

Tickets for the 1983 Canadian Open are on sale through the tournament office, (416) 844-1880, or through selected branches of the Toronto-Dominion Bank.

Canada Day celebrations

TORONTO — The 5-cent hot dog is back as Ontario launches another in its popular series of Canada Day birthday celebrations, Friday, July 1 at Queen's Park. The party starts at about 10 a.m.

This year, as Ontario celebrates Canada's 116th birthday, the holiday takes on special significance: this is the first time it is officially called "Canada Day" since a private member's bill to that effect was passed in the House of Commons last October.

As well as the hot dogs, the family-style picnic on the lawns in front of the Legislative Building will feature 10-cent soft drinks and ice cream.

Tours of the Legislative Building (at Queen's Park) which begin at 10.30 a.m. will allow the public to have a first hand look at the seat of government.

And, a variety of first-class entertainment is sure to appeal to people of all backgrounds and all ages. Master of ceremonies for the day-long birthday party, which kicks off at 10.30 a.m., is Toronto radio personality Sandy Hoyt.

At about noon, all eyes will focus on centre stage where the official ceremonies take place to mark our country's birthday.

The Ontario Medal for Good Citizenship will be awarded to 1983 winners and, because this will be the 10th anniversary of this award, past recipients will be in attendance and acknowledged.

At noon sharp, with a 21-gun salute booming in the background, 116 balloons will be released and everyone will be asked to join Shirley Eikhard and her band in singing O Canada.

Entertainment continues until 1.25 p.m. when, to conclude the celebrations, all the entertainers will gather on the main stage and all in the park will be asked to join in singing Happy Birthday to Canada.

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News from The Mortgage Lady

Mortgage averaging helps you do what's best

Barbara Axelrad, a mortgage broker with the Toronto firm of R. Cyr Financing Ltd. since 1978, will write a Mortgage Lady column which will appear periodically in The CJN.

* * *

Q. I have an open first mortgage of $60,000 at a rate of 15% with three years to run. I also have a second mortgage of $25,000 which is due shortly. Should I just refinance my second mortgage or should I consider arranging a new first mortgage of $85,000 for the total amount?

A. The anwwer to this is worked out by a process known as mortgage averaging. With mortgage averaging, we calculate what the actual dollars paid out in interst only each way would be — then we are able to choose the least costly alternative.

Your first mortgage is for $60,000 at a rate of 15%. If we multiply $60,000 by 15%, we find that you are paying $9,000 each year for interest only.

The current rate of interest on three-year second mortgages is 13½%. Therefore, as above, if we multiply $25,000 by 13½% we find that you would be paying $3,375 for interest alone.

Now, if we add $9,000 plus $3,375 the total dollars paid out in interest alone for both mortgages would therefore be $12,375 each year.

Let us now look at the alternative of arranging a new first mortgage for the total amount of $85,000 at the current 3-year rate of 12¼%: $85,000 times 12¼% would mean that you would be paying $10,412.50 in interest each year.

By subtracting $10,412.50 from $13,375, we find the alternative to arranging a new first mortgage for the total amount of three years would therefore be $1,962.50 less costly to you than refinancing your second mortgage only. A substantial saving!

Q. I have a $75,000 first mortgage on my house at a rate of 13% for a term of five years. I have received an unexpected windfall and would like to reduce the amount I owe. My mortgage is unfortunately closed. Can anything be done?

A. While open mortgages permit reductions in the principal balance at any time during the term of a mortgage, closed mortgages are, by definition, closed for the entire term. Lenders offer closed mortgages at a rate that is 1 or more percent lower than is offered on open mortgages and borrowers take closed mortgages precisely because they are cheaper.

However, most closed mortgages do contain an open option. This is usually offered in the form of a 10% prepayment privilege." This means that on a specified date each year, usually the anniversary date of the start of the mortgage, a mortgagor is permitted to make a lump sum payment to reduce the principal balance of up to 10% of the face amount of the mortgage. In your case this would permit you to reduce the principal by up to $7,500.

You do not state how large your windfall is. If it is under $7,500, check with your lender and take advantage of this once-a-year opportunity. If you wish to reduce your mortgage by more than $7,500 however, you would have a problem.

I suggest that you contact your lender to see if some other arrangement can be made. Sometimes lenders will accept reductions, even on closed mortgages, upon the payment of a penalty of interest.

If you are refused all consideration by your lender, I suggest that you try to put your windfall into an investment that will earn at least the 13% you are now paying on your mortgage. At least in this way, the interest you earn will offset the mortgage payments you are making. If you match the term of your investment to the term of your mortgage, you will be in a position to reduce the mortgage at the end of the 5-year term.

If you have questions on mortgage financing, send them to The Editor, CJN, 562 Eglinton Ave. E., Suite 401, Toronto M4P 1P1.

Get-up-and-go F.I.T. Stop can help those figures that got up and went

By FRANK RASKY

TORONTO —

The F.I.T. Stop, which recently opened at 1918 Avenue Rd. near Wilson, is not just a gimmicky name for a leisure wear shop for women, men and juniors.

The initials stand for Fitness Image Today, and the Stop means it's "a 1-stop shop for get-up-and-go people who workout, dance out, jog out or simply have fun out."

So says the proprietor, Linda (Cherry) Soudack, who is definitely a fitness-minded get-up-and-go person.

She's a 40-year-old bundle of energy, 5 foot 1 and weighing 112 pounds, who recently shed 35 pounds by working out at two gym classes — the Jewish community Centre and the Bellair Club on Bloor.

She's so fitness-conscious that she has incorporated a lecture room into her shop, where free seminars are conducted by experts on nutrition and health care.

And because she thinks fitness ought to denote gaiety, she has either designed or personally color co-ordinated several lines of brightly colored jogging and leisure wear for men and women.

All colors of the rainbow are found in her personally designed, handpainted sweatshirts, pants and leotards for gym workouts. Prices range from $42 to $65 for both tops and bottoms. Soudack says the colors, painted in acrylic, are guaranteed not to run and the fabric to survive at least 40 washings.

Preppy look for fall

The same line of appliqued gymwear is somewhat more expensive, from $65 to $150.

A unisex line of full vests and jackets for leisurewear sell for $120 and are more muted in color, largely heather tones, cranberry, avocado and grey navy.

The "preppy look" characterizes a new fall line of weekend leisure wear for men and women that she has specially color co-ordinated. Shirts are $30 to $50; sweaters $40 to $80, pants $40 and jackets $60 to $70.

"Fitness and fashion run in my family," says Soudack. Her father, Harold Cherry, now 60, a former phys ed instructor at the old Bloor St. Y, was once Canada's champion cyclist who broke records by cycling 100 miles in the early 1900s in 4 hours and 48 minutes.

More recently, her 48-year-old brother, Alan Cherry, won the North American title as senior men's squash champion.

Her brother is known for the Alan Cherry high fashion shop at 711 Yonge St.; her mother, Esther, and sister, Joy, are known for the Esther Cherry Women's Wear Shop at 3323 Yonge; and now Linda is continuing the grand tradition with her F.I.T. Stop shop.

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The policy of The Canadian Jewish News is to request payment in advance for all **domestic help available, domestic help wanted, employment wanted, private properties for rent or sale** and **all personal** ads.

The Canadian Jewish News cannot be responsible for the cost of more than one incorrect insertion Any errors in the Classified Ads Section should be called to the attention of the Classified Department on first insertion of that ad.

Call **481–5620** *before* Wednesday at 5:00 p.m. week preceding issue date.

ACCOMMODATIONS AVAILABLE

Bathurst-Lawrence. Older gentleman would like to share 6 room apt. with another man. Kosher kitchen. 782-8239.

Elderly widow requires same for kosher home room and board and remuneration. Baathurst-Finch. 636-1542.

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We buy your Israel bonds. Highest prices paid! Woburn Securities, 3181 Bathurst Street, Toronto. (416) 787-4787.

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Wapaska, Gravenhurst Muskoka, modern. All facilities, heated. Month of August. 633-4431, 366-1118.

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Reliable experienced babysitter needed 4 afternoons per week, for four month old baby in my home. References. Call Judy 485-5803.

Babysitter required for 2 year old - 2-3 days weekly for the summer. Kashruth knowledge necessary. References required. Bathurst-Old Orchard-Grove. 781-2332 Evenings.

Jewish woman, in lovely home, requires part time help. (Sat. 9:00 a.m.-Sunday 9:00 p.m.) Gin rummy an asset. Call (9-5:30) 368-2208.

Bathurst-Wilson Area. Woman required to live in with elderly Jewish lady. Kosher home, some light duties. Private room and salary paid. Call 531-1158 Mrs. Shaw (days only).

Avenue Road - Lawrence. Part-time babysitter needed evenings, for infant. References. 486-0457.

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3-bdrm. end unit, 3 baths, Hollywood kit., appl., cent. air, fam. rm. walkout, gorgeous private grounds, 2 balconies, garage.

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MISTY CRES. SANDFIELD AREA, $595,000
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$398,500. Ravine property, 5 bdrms., 4 bathrms., centre hall, family rm., 3 fireplaces, (Sharei (Shomayim). G. Donnenfield, 449-2020.

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Burko R.E. Ltd. Rltr.

Bathurst-Ranee
$134,900. Superb 6 rm. brick bungalow with attached garage, modern kitchen, finished bsmt. apt., broadloom & drapes, all appls., central air. Close to all conveniences. Mr. Burko **782-4443.**

* * *

Bathurst-Patricia
3 bdrm. condo townhouse, large kitchen, 3 washrooms, finished rec. rm., built-in garage. Reduced to $84,500. Owner must sell!! Mr. Messinger **782-4443.**

Classified Ads

HOUSES FOR SALE

Harvey Kalles
(416) 441-2888 REALTOR

THE NAME YOU CAN TRUST

***THORNHILL — LARGE LOT — $169,900**
Spacious 4 bedroom backsplit, large family room, best value in the Laureleaf area. Marion Alberga/ Simone Stern 441-2888.

* * *

***NEW LISTING! YORK MILLS & BAYVIEW $419,000**
Custom beauty! Family room plus den, 4 bedrooms, outstanding new pool and deck area. Lovely garden. French Immersion. Marion Alberga/Elise Kalles 441-2888.

* * *

***LOWER VILLAGE — CENTRE HALL — $235,000**
Prestige area. Lovely 4 bedroom home. B. Gresisman/B. Steele 441-2888.

* * *

***JUST MOVE IN AND ENJOY — ASKING $138,900**
At Bathurst and Finch — this immaculate 3 bedroom sidesplit. All extras included. Central air, appliances — upgraded and well maintained finished. 3 baths — master en suite, walkout family room and finished lower level — so well priced! Call Hilary Cohen/Ron Baker 441-2888.

* * *

***LOWER VILLAGE — REDUCED! OPPORTUNITY**
Exceptional family home, designer's own. Lovingly refurbished and completely updated. 6+ bedrooms, 6 baths, showpiece family room, features: large brick antique brick fireplace. 40' award winning pool, built-in gas B.B.Q. Close to all amenities. Good financing possible — vendor has bought. Faygie Buchman 441-2888.

* * *

BAYVIEW CUL DE SAC — $349,000 CUSTOM DESIGN
4 Spacious bedrooms, main floor, den and family room. Solid Oak kitchen. Completely finished lower level. Barbara Barker 441-2888.

* * *

BAYVIEW-FIFESHIRE — POOL — $389,000
Custom 5 bedroom, 6 baths, 30 ft. landing on upper level. Finished lower level, walk out to private garden, backing unto greenbelt. Quality + ! Barbara Barker 441-2888.

* * *

LOWER VILLAGE — LUXURY DUPLEX — $419,000
Designer decorated 3 bedroom unit, plus sun room, patio and walk out and finished recreation room. Upper 3 bedroom unit with balcony. Finished basement apartment, 2 drive and garage on exclusive street, over $40,000 income potential. Unique. Must be seen. Heddy Blaug 441-2888.

* * *

6 BEDROOMS — LESLIE YORK MILLS — $299,000
Perfect family home, large eat-in kitchen, main floor, family room, completely finished lower level. None to compare. Elise Kalles 441-2888.

* * *

BATHURST & STEELES — RIDGEGATE $129,900
Great value for this 2,200 Sq. ft. Carriage Home. 3 bedrooms, 3 baths, family room. Fireplace, Central air, Double garage. Barbara Barker 441-2888.

* * *

BATHURST STEELES DETACHED — $114,900
Homes and Gardens Beauty. 3 bedrooms, 3 baths family room, dream home thousands in extras. Barbara Barker 441-2888.

* * *

DALEMOUNT — ON THE CRESCENT — $269,000
PRIME LOCATIONS, immaculate ranch bungalow, park-like setting with a beautiful in-ground pool, 3 plus bedroom, 3 baths, finished basement, central air, double garage. Marilyn Feldman 441-2888.

* * *

BOB WHITE — ON RAVINE — $439,000
ELEGANT AND SPACIOUS 3 bedroom, UCCI built home. Magnificent master quarters, over size principal room, gracious foyer, completely finished lower level. Marilyn Feldman 441-2888.

"REAL ESTATE PEOPLE HELPING PEOPLE"
Harvey Kalles MLS 441-2888

PRIVATE
BAYVIEW-LESLIE QUIET CRESCENT
MAIN FLOOR BEDRM. LUXURY SUITE
Plus 4 other bedrooms, 5 washrooms, family room & den, packed with extras, dream darkroom, $239,000. 223-5605, 222-2335.

Harvey Kalles
(416) 441-2888 REALTOR

THE NAME YOU CAN TRUST

***BAYVIEW & YORK MILLS EXECUTIVE HOME**
$339,000 Gorgeous 2 storey entrance, huge principal rooms, exquisite oak panelled family room, professionally finished rec room. Loads of extras. Elaine Chelin 441-2888.

* * *

***DENLOW — MUCH ADMIRED MOTTO $349,000**
Golden opportunity! Bright unique design 4 bedroom house. 2 family rooms. Stunning pool area. Pretty as a picture. Michelle Noar 441-2888.

* * *

***BAYVIEW RIDGE ⅓ ACRE SUPREME LOCATION**
Reduced to $459,000 Gracious space and flow are here in this 4 bedroom ranch, main floor elegant library with fireplace — totally private pool area. Not to be missed! Elise Kalles 441-2888.

* * *

***AFFORDABLE FAMILY STARTER HOME $114,900**
5 bedroom sidesplit, 3 baths, finished lower level and second kitchen with appliances, new broadloom, many extras! Natalie Kopman 441-2888.

* * *

***LOWER VILLAGE ELEGANCE $545,000**
Grand entry — gracious entertaining 6 bedroom home. Oversized principal rooms, to view call Natalie Kopman 441-2888.

* * *

***BATHURST & STEELES — RIDGEGATE FABULOUS!!**
Outstanding decor — centre hall plan, professionally finished lower level, sauna, wet bar, top quallty appliances. Must be seen! Natalie Kopman 441-2888.

* * *

***YORK MILLS — $299,000 6 BEDROOM — 3 BATHS ON SECOND**
Best buy in area — perfect family home — completely finished lower level — none to compare! Elise Kalles 441-2888.

* * *

***YORK MILLS LESLIE — FAMILY ROOM + LIBRARY**
Now $305,000. Let me have the pleasure of showing you this home. Elise Kalles 441-2888.

* * *

***SECLUSION — SERENITY — LOCATION $1,900,000**
Most desirable property in Bayview. A never to be duplicated! Architectural masterpiece of elegant living await the affluent owner — tennis court — pool — everything! Elise Kalles 441-2888.

* * *

***LAVISH TUDOR MANSION — $1,390,000**
Rich in detail and replete in amenities few home could compare with this one. There are 7 bedrooms, spectacular entertaining rooms. A jewel deserves a worthy setting and the home is sighted by a magnificent property with views to be enjoyed from a patio — spa-pool area that must be the ultimate outdoor pleasure environment. Elise Kalles 441-2888.

* * *

***A FUTURISTIC MASTERPIECE — $1,150,000**
White brick contemporary — basking in uniqueness — high vaulted ceilings — skylights, glass walls and white marble floors — an outstanding home to house — an art collection. A special dividend pool, vast patios, backing onto park. Elise Kalles 441-2888.

* * *

***THE VILLAGE — EXCEPTIONAL CONTEMPORARY!**
Within a brilliant atmosphere — evoked by the exquisite design and styling of all the rooms — the opportunity to own a unique and luxurious home in Forest Hill is upon you. Elise Kalles 441-2888.

* * *

***DUNVEGAN — AMBIANCE AND AUTHENTICITY!**
Stately Tudor home completely updated and elegantly decorated, its 12 spacious rooms include 6 bedrooms. Magnificent grounds and pool. $985,000 Elise Kalles 441-2888.

"REAL ESTATE PEOPLE HELPING PEOPLE"
Harvey Kalles MLS 441-2888

IMPECCABLE RANCH!!
York Mills Gardens. **CUSTOMIZED — EXECUTIVE — SPACIOUS.** 3-4 bdrms. $369,000. 447-9113 & 445-6446.

HERSH

***100 ANTIBES DRIVE — MARKET PRICE**
3 bdrm luxury apt. Florida Rm. 2 baths. Must sell! E. Pechura.

* * *

***80 ANTIBES DRIVE — NEW LISTING!**
Elegant exec type 3 bdrms, 2-4 piece washrooms, Florida rm, Windowed eating area in kitchen, white broadloom throuhgout, drapes, mirrors, Sabbath elevator, appliances. Immediate occupancy. Office.

* * *

***BATHURST & WILSON**
Immaculate 2 bdrm co-op. Neutral decor, new kitchen, updated washroom. At $49,900. Vendor is flexible. Roz Karten.

* * *

***BATHURST-EGLINTON FIRST TIME OFFERED!**
2 storey, 3 bedroom, 3 baths, attached garage, steps to Bathurst and amenities, dark stained floors, finished basement. Pearl Grossman.

* * *

***UNIQUE — MAGNIFICENT — 4 BEDROOM 2 STOREY**
Imported designers material and decor. 7 appliances. Circular driveway, inground pool, whirlpool. Balcony, main floor family and powder rms. 1½ yrs. old. Pearl Grossman.

* * *

***BATHURST-GLENCAIRN 9 ROOM SIDESPLIT**
Huge eat-in kitchen, dark stained floors, 3 washrms. Central air. All appliances. Asking $219,000 Rose Simon.

* * *

***TIMBER LANE DRIVE LUXURY SPLIT LEVEL**
Well appointed 8 rooms on magnificent grounds. 3 washrooms, double garage. $279,900 Attractive terms Rose Simon.

* * *

***BATHURST & FINCH**
2 storey semi, 3 baths, family room, fireplace. In-law apt. $63,300 at 9-7/8% till June 1989, Elena Puchura.

* * *

***BATHURST-S. STEELES**
5 bedroom multi-level semi. 2 baths, w/o to patio, knotty pine rec room and den. Asking $108,900 Orit Angel.

* * *

16 DEQUINCY-BATHURST-WILSON
Open House Wed. 6:30-8:30 p.m. Estate Sale. Bungalow on large lot. C.A.C. Attached garage, many extras, Ruth Silver.

* * *

***CHABAD-BATHURST**
Outstanding 4 bedroom, 2 storey. Family room plus wet bar. C.A.C. Many extras. Easy financing. Mary Bronstene.
Bronstine.

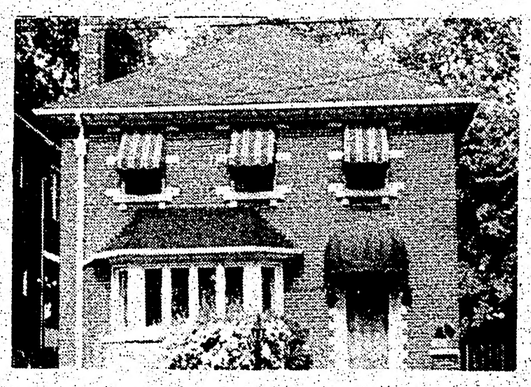
* * *

***BATHURST & STEELES ON 65'x135' LOT**
Elegantly appointed 5 bedroom 2 storey, 4 baths. Modern kitchen. Main floor family and laundry rooms. C.A.C. Asking $319,000 Judith Friedler.
CALL 633-7777
ROSE HERSH LTD. REALTOR

KINGSWAY

HILLHURST/GRACIOUS FAMILY HOME $259,000
Spacious principal rooms, huge master, 3-pc. ensuite family room, secluded terrace, terrific location. ALFIE CAPLAN, 485-2333.

* * *



FOREST HILL OASIS
2 storey, 4 bedroom percfect house, spiral staircase, super backyard with kidney-shaped hot tub, finished lower level and more. SUZANNE EVERETT, 485-2333.
KINGSWAY R. E. LTD. RLTR.

ALAN UNGERMAN
REALTY LIMITED REALTOR

UPPER VILLAGE
$224,900. Just listed. Immaculate & charmning side centre hall 2 storey home, oversized kitch., ceramic foyer, fin. rec rm. with firepl. Vendor will give attractive mtge. ALAN UNGERMAN, 731-7111.

* * *

VILLAGE-BEST BUY
Upper Village, custom built 4 bdrms., mn. flr. fam. & den, dble. car garage, loads of extras. Unbeatable value at $289,900. ALAN UNGERMAN, 731-7111.

* * *

BATHURST VILLAGE
Unbeatable value displayed in this lovely 4 bdrm. customized backsplit. Quality furnishings throughout. LAUREEN UNROTH, 731-7111.

* * *

BATHURST VILLAGE
Contemporary 1 of a kind! Elegant custom built home with grand foyer, oversize principal rms., mn. flr. fam. & Florida rms. Ideal for grand entertaining. TED WAXMAN, 731-7111.

* * *

BAYVIEW/JOHN
Vendor has bought - must sell! Lg. open concept, 4 bdrm. sidesplit on quiet cul-de-sac. Loads of extras. Decorated with flair. Must be seen. $169,900. TED WAXMAN, 731-7111.

* * *

HUNTER'S POINT
Gracious living, 5 bdrm., 3,250 sq. ft. home. Unbeatable value, $20,000 below builder's price. Asking $179,900. LAUREEN UNROTH, 731-7111.

* * *

BATHURST/STEELES
Sunken liv. rm., mn. flr. fam. & laundry, 4 bdrms., many extras. $142,900. BRIAN GREENSPAN, 731-7111.

* * *

BATHURST/STEELES
Circular stairway, mn. flr. fam. & laundry, 4 bdrms., quiet crescent, near park. $146,900. BRIAN GREENSPAN, 731-7111.

* * *

BATHURST/STEELES
2 storey, 3 bdrm., 7 mos. new. Excellent fin., $98,900. TED WAXMAN, 731-7111.

LARNELL R. E. LTD.

BAYVIEW-ARGONNE
4 bdrm., spacious family rm. & rec. rm., with walkouts to inground pool. Near new Assoc. Hebrew School. Many extras. Owner has bought. Call Marsha Goldstein 635-9945.

* * *

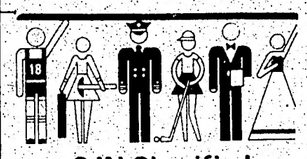
BATHURST-SHEPPARD
$114,900
3 bedroom bungalow, finished basement. 63' x 115' lot. Open first mortgage. Low interest rate. Must sell. Harvey Havelock 635-9945.

* * *

***DUFFERIN & STEELES**
Beautiful 3 bedroom, finished basement, central air, 10-7/8% mtge. Many extras. Arnie Ross 635-9945.

* * *

GLENSHIELDS $152,900
4 bedroom, 5 level backsplit, 4 baths. Main floor den & family room. Backs onto park. Arnie Ross 635-9945.



CJN Classified
Call 481—5620

Albert Brown
real estate inc.

***BAYVIEW-SHEPPARD 3 LUXURY TOWNHOMES**
3 bedrooms, 3 baths, 2 fireplaces, large eat-in kitchens, w/o bsmt. & many extra features. Offered complete with 5 appliances, braodloomed throughout & central air. Priced from $139,900-$152,900.
NORMAN ROTHER
665-6790 731-2333

A. E. LePAGE

***"CARRIAGE" HOME IN RIDGEGATE**
$159,900. 3 bedroom twin, 2 years new, magnificent master suite. Pool sized lot. Family room, 2 fireplaces, central air. Judy Horvath 226-3040.

BATHURST/FINCH
3 bdrm. townhouse, fin. rec. rm., with wlkt. to lge. yard. Garage, 9¼% mtge. OPEN HOUSE SUN. 1-4 p.m. ERNA, 884-4425, ROBERT ARMSTRONG LTD. REALTY.

the Permanent

THORNHILL BEAUTY
$149,900. Stunning 4-bdrm., circ. staircase, main-flr. fam. rm. with f./p., dbl. gar.; close to shops, transportation, synagogues. Call Paul Pifko, 881-9131, 226-4938.

* * *

YORK MILLS PLACE
$289,000. "The Knightswood". Most sought-after & scarce corner 2-bdrm. in this prestigious development. Every luxury. Details with Evelyn Florence, 481-3443, 862-1746.
CANADA PERMANENT TRUST COMPANY
REALTOR

Classified Ads

HOUSES FOR SALE

Royal Trust Real Estate
ROYAL TRUST CORPORATION OF CANADA REALTOR

BATHURST-SHEPPARD 1ST AD!
$219,900. Huge 8 rm. ranch on ravine. Very large finished basement, has synagogue facilities. A. Eidlitz 635-1170.

* * *

5 ROSEA CRT. BAYVIEW-STEELES
$335,000 5 bdrm. 2 storey, elegant charmer on quiet cul-de-sac. Inground pool, central air & more. D. Biback 635-1170.

* * *

BATHURST S. OF STEELES
"Ridgegate" 2,200', 3 bdrm., double garage, 3 baths, eat-in kitchen, finished rec. rm. M. Krybus 635-1170.

* * *

YORK MILLS/LESLIE $119,800
Executive style townhome. 6 well appointed rooms. Walkout rec., central air, ensuite. Garage. S. Morris. 494-1510.

* * *

DOCTORS/DENTISTS/TEACHERS ETC.
Bayview Ave. north of Sheppard. Prof. offices & residence. 10 rooms + loft. 6 car parking. Nr. Hwy. 401, plaza, schools. S. Morris 494-1510.

* * *

BATHURST & LAWRENCE MODERN 3 BDRM. SIDESPLIT
MAINTENANCE FREE EXTERIOR, KING SIZE MASTER WITH ENS. BATH, 17' EAT-IN KITCHEN, LARGE BRIGHT LIVING-DINING RM, IN-LAW APT AND REC RM, CENT. AIR, WALK TO PLAZA. CALL SUSAN STARK 493-6250 or 222-5281.

LUXURY CUSTOM BUILT HOMES
On quiet court — ravine lots, Thornhill. 3,000 sq. ft. plus — $300,000 plus. 745-7903, 731-1688.

SOLNIK & RYBAK
REAL ESTATE LTD. REALTOR

***BATHURST-WILSON $139,900**
Solid brick, 3 bedroom, 150' lot. In-law apt. Modern eat-in kitchen, 2 baths, large living and dining rooms with walkout to patio. Immaculate home in demand area. Michael Laterman 789-7111.

* * *

***CHAPLIN ESTATES — WARREN ROAD**
Superb 4 bedroom family home, 3 baths, panelled rec room, wet bar, steps to all amenities. Mrs. Arbus 789-7111 or 783-1303.

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BATHURST-WILSON
Lovely 3 Bd. Rm. bungalow with in-law apartments, many extras on a big lot, steps to synagogues and all amenities. Jonathan Grossman 789-7111.

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DUFFERIN-STEELES
Immaculate 3 Bd. Rm. home upgraded throughout, beautifully decorated, 10-7/8% mortgage and much more, $95,900.00. Owen Ross 789-7111.

* * *

***BATHURST-VIEWMOUNT 50' x 140' LOT**
Must be sold! Charming 2 bedroom bungalow, finished rec room, 1½ baths. Walking distance to every convenience. Mrs. Solnik 789-7111 - 783-8640.

* * *

WYCLIFFE HOME OLDE TOWN
5 bdrm. backsplit, newly decorated, fireplace, burgalr alarm, intercom, skylights, finished basement, wet bar and much more. Asking $219,000 Mrs. Solnik 789-7111 or 783-8640.

* * *

BATHURST-LAWRENCE
Beautiful spacious 3 bedroom bungalow. Modern kitchen. Appliances. Garage. Basement apt. Move-in condition. Steps to all conveniences. Rae Baker 789-7111 or 633-9883.

* * *

A BARGAIN — MUST SELL!
Bathurst-Lawrence $97,000. Solid brick detached 2 bedroom bungalow plus beautiful basement apartment. Newly renovated. Ultra modern eat-in kitchen. 2-4 piece baths. Steps to all conveniences. Mrs. Rybak 789-7111.

* * *

BATHURST-LAWRENCE
2 storey, 3 bdrm., finished bsmt., big lot. $8,000 down, vendor holds mtge. Shows beautiful. Dave Frankel 789-7111.

* * *

BATHURST MANOR
7 rm. sidesplit, modern kitchen, 3 washrooms, finished bsmt., indoor heated pool, double garage, alarm system, central air & many extras. Owner bought. Must sell. Mrs. Mack 789-7111.

* * *

LET YOUR SUCCESS SHOW
Bathurst-Prue, 5 bdrm. executive, 6,200 sq. ft. of living space, superb quality & perfection of design, marble foyer, Spanish courtyard, spacious family & billiard rm., ultra gourmet kitchen. Mint condition. Attractive financing & much more. Close to synagogues & shopping. To view call Mrs. Mosten 789-7111 or 782-0242.

* * *

SALES AGENT REQUIRED
Leads supplied. Mrs. Rybak 789-7111.

HOUSES FOR SALE

Paul Slavens
Real Estate Ltd. Realtor

HERE IS YOUR NEXT HOME

MAGNIFICENT CITY ESTATE — $975,000
French Normandy Tudor on breathtaking ½ acre grounds with inground pool + room for tennis court. 5 bdrms. + library. A very special home. Call Mr. Slavens, 483-4337.

* * *

ELEGANT TRANQUILITY
Forest Hill at its best. Spacious home on oversized lot. A view from every rm. 5 bdrms; indoor pool & 3 car garage. Call Edie Winberg, 483-4337.

* * *

ST. MICHAELS COLLEGE — $239,000
Lovely 4 bdrm. Tudor convenient to St. Clair subway. Leaded windows & vendor financing. Call Sara Shefsky, 483-4337.

* * *

LOWER VILLAGE — $319,000
Attractive Tudor with rich panelling; 4 bdrms; pretty garden & more. Call Syma Solomon, 483-4337.

* * *

LOWER FOREST HILL — $279,000
Classic Tudor. 4 bdrms; leaded windows + updated kitchen & baths. Call Elaine Goldenberg, 483-4337.

* * *

UPPER VILLAGE — $225,000
Georgian centre hall boasts modern kitchen; den/bkfst. rm. w/o to pool-sized garden. Financing to suit. Call Don Wagman, 483-4337.

* * *

UPPER VILLAGE — $144,500
Charming 2 storey, 3 bdrm; fireplace; finished lower level & deep lot. Call Gayle Esbin, 483-4337.

* * *

1ST AD — $149,000
Modren townhome. Bathurst & Lytton. 3 bdrms; den & family rm with fireplace. Call Barry Fogle, 483-4337.

* * *

HARRISON RD. — BUNGALOW + POOL
Gorgeous ranch bungalow with inground pool, 4 bdrms. + library. Finished lower level. Call Eleanor Stanton, 483-4337.

* * *

BAYVIEW BEAUTIFUL — 1ST AD
$245,000. Attractive 4 bdrm. home. Fabulous kitchen & family. Finished lower level with 5th bdrm. Call Harold Hillman, 483-4337.

* * *

SUNNYDENE CRES. — JUST LISTED
$645,000. Perfect family home. 5 great bdrms; library; gourmet kitchen, 6 baths, lower level family rm, central air. Don''t miss seeing. Call Linda Rose, 483-4337.

* * *

95 SUMMERHILL AVE. UNIT #8
[THURS. 6:30-8:30]
Unique 3 bdrm. townhome. Fabulous greenhouse kitchen, skylights, fireplace, central air. See Jerry Kerbel, 483-4337.
483-4337

ROSE GOLDHAR
REALTY INC.

BATHURST/STEELES
Lovely bright 3-4 bdrm. semi, C/A, mint cond., 3 bths., fin. bsmnt.

* * *

BATHURST N. OF STEELES
3-4 bdrms., some with fam. rm. From $85,000.

* * *

BATHURST/FINCH
3 bdrms., fin. bsmnt., 3 bths., garage. Must be sold!

* * *

BAYVIEW/STEELES
4 bdrm. exec. Mint move-in cond., fam. rm., firepl., imm. possess.

* * *

BLOOR/SPADINA
Desired area. Lovely 8 rm., 3 storey brick semi. Across from park, hardwood flrs., stained glass windows. Shows very well.
ROSE GOLDHAR, REALTOR 635-5400

SEIDMAN
REAL ESTATE LIMITED/REALTOR

SHEPPARD-WILMINGTON
Completely renovated 3 bdrm., European kitchen, ceramic floors, w/o, den with f.p., rec. rm., many extras.

* * *

TRIPLEX-A1 BUY
2 & 3 bdrms., bath ensuite, balcony, terrazzo stairway. Fully rented.

* * *

FINCH-BATHURST
Custom ranch bungalow, 3 bdrms., 4 baths, w/o, completely finished bsmt. Lot 50' by 150'.
A. & D. SEIDMAN 633-7373

ISRAEL APARTMENT FOR SALE

Netanya: Spacious Apt. Parking. Reasonably priced. 665-2263, 782-6623.

PERSONAL Companions Wanted

Gracious, attractive, articulate lady 49 seeks unattached affectionate man to enjoy city and outdoors. Please respond with photo to Box 6514, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

Two witty young ladies looking for 2 interesting gentleman between the ages of 25-35. Send letters with photo to Box 6513, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

Wanted: 10 Single Men
Ages 40-65, to compliment our female membership. Call Sondra Gold Monday-Friday 11-7 p.m. 482-1472.
Sincerity Plus

Two attractive active and enterprising business women early 30's would like to meet sincere, ambitious and sensitive men, 30-40. Please reply to Box 6504, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

An attractive lady in her 50's Romanian born, educated in Europe, seeks gentleman between age 58-65, for serious relationship. Speaks Hebrew, Romanian, French, Yiddish. Enjoys art, reading, likes to travel. Box 6509, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

PERSONALS Companions Wanted

Widow mid-fifties, college education, attractive, independent, seeks an honest and lasting relationship with gentleman not over 68. Intellectual with same qualities. My interests are many, ranging from literature, art, music and sports, to simple and everyday activities. Photo appreciated and will be returned. Box 6511, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

I Have A Dream!
A great big beautiful dream, but I need a marriage-minded lady 20's - 30's to help get there. I am handsome, never married, have high morals. I would like to share a lifetime of achieving goals and happiness together with that special lady. Reply to Box 6510, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

22, Male, seeks female. Ralph, P.O. Box 8833, Station F., Calgary, Alberta.

Attractive businessman sports minded, seeks beautiful intelligent woman 20-29. Please respond with photo to Box 6508, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

Video Dating Services for discreet and confidential introductions. See our Ad Page 20. 665-5512. 24 hours 7 days weekly.

I'm a sincere, professional, good-looking man. I would like to meet an attractive, honest woman, about 25-30, for a lasting relationship. Please reply with a few details about yourself, in confidence. Box 6505, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

Wanted - An intelligent, interesting, industrious man 35 or older for friendship with similar type girl. Send info on self, picture and phone. Box 6494, CJN, 562 Eglinton Ave. E., Ste. 401, Toronto, Ont. M4P 1P1.

Single Jewish Professional business people meet. (Since 1962.) Call Dr. Fren 533-5111.

PERSONALS

Assault - Robbery - Fire - Alarms - home or office electronic protection. 24 hours. Civic Security 766-3421.

Autos delivered to Florida, Arizona, California, etc. Toronto Driveaway Service **226-4616.**

ROOMS TO RENT

Ottawa - Girl - Close to Jewish Community Centre. (613) 233-5866 Evenings.

ROOM WANTED

Young Lady from Montreal, seeks room to rent in good home. July 1st. Serious callers only. 514-739-7494.

SHARED ACCOMMODATION

Roommate wanted to share newly renovated apt. in west annex. Airconditioned, washer and dryer, sundeck, parking. Non-smoker preferred. July 1. $350. Ellen evenings 530-0776. Days 633-6224.

Marlee-Ridelle. Luxury Condominium, room available. Share facilities. Immediate. 787-5585.

Bathurst-Lawrence. 2 bedroom apt. available immediately. Days 782-6565. Evenings 781-8281.

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UNVEILING

The unveiling of a monument to the beloved memory of the late **Mayer Steiner** will take place on Sunday, July 3, 1983 at 10:30 a.m. at Bathurst Lawn Cemetery, Chenstochover Section. Relatives and friends are invited to attend.

The unveiling of a monument to the beloved memory of the late **Sarah Ross** will take place on Sunday, July 10 at 10:00 a.m. at Bathurst Lawn Cemetery, Keltzer Society Section. Relatives and friends are invited to attend.

The unveiling of a monument to the beloved memory of the late **Stephen M. Stern** will take place on Sunday, July 3 at 12:30 p.m. at Bathurst Lawn Cemetery, U.J.P.O. Section. Relatives and friends are invited to attend.

The unveiling of a monument to the beloved memory of the late **Fabin Fischoff** will take place on Sunday, July 3 at 11:30 a.m. at the Bathurst Lawn Cemetery, Chenstochover section (No. 44). Relatives and friends are invited to attend.

OBITUARIES

Bornstein, Renate on June 10, 1983, late of 3000 Bathurst St., Apt. 505.
Cohen, Rose on June 10, 1983, late of 133 Torresdale Ave., Apt. 1005.
Frohlinger, Ilona on June 19, 1983, late of 1 Canyon Ave., Apt. 1408.
Gitter, Meyer on June 14, 1983, late of 5900 Bathurst St., Cheltenham Nursing Home.
Gutveter, Israel on June 4, 1983, late of 775 Steeles Ave. W., #309.
Loomer, Rina on June 12, 1983, late of 43 Warwick Ave.
Pastor, Rita on June 7, 1983, late of 2900 Bathurst St., Apt. 506.
Perlmutter, Sara on June 8, 1983, late of 10 Brant Ave., Kingston, Ontario.
Perlo, Oscar on June 3, 1983, late of 25 Henry Lane.
Rytwo, David on June 11, 1983, late of 126 Bannockburn Ave.
Safer, Bertha on June 8, 1983, late of 363 Joicey Blvd.
Solomons, Cissy on June 12, 1983, late of 4455 Bathurst St., Apt. 705.
Weisdorf, Louis on June 20, 1983, late of 569 Sheppard Ave. W., #707.
Zifkin, Leo on June 17, 1983, late of 414 Vesta Dr.

Steeles-College Memorial Chapel

Morris Bassin on June 13, 1983, late of 210 Waterloo Ave., Dwns.
Barbara Betcherman on June 14, 1983, late of RR#1, Richmond Hill.
Abraham Cohen on June 14, 1983, late of 19 Braemore Gdns., Tor.

OBITUARIES

Harry Finkelstein on June 16, 1983, late of 54 Albany Ave., Tor.
Rose Freiman on June 13, 1983, late of Oak Ridges, Tor.
Louis Galfand on June 16, 1983, late of Providence Villa, Tor.
Mary Greenberg on June 14, 1983, late of 2515 Bathurst St., #301, Tor.
Fanny Hanick on June 14, 1983, late of 25 Canyon Ave., #1406, Dwns.
Daniel Levy on June 13, 1983, late of 812 King St. E., Tor.
Percy Mandelbaum on June 17, 1983, late of 6040 Bathurst St., #1609, Will.
Binen Nosek on June 15, 1983, late of 6250 Bathurst St., #406, Will.
Jack Pearlstein on June 16, 1983, late of 650 Briar Hill, #506, Tor.
Molly Rosenberg on June 16, 1983, late of 25 Canyon Ave., #401, Tor.
Clara Rotenberg on June 14, 1983, late of 8 Caines Ave., Tor.
Aron Shostack on June 18, 1983, late of 80 Antibes Dr., #2707, Will.
Edgar Steinberg on June 13, 1983, late of 11 Crispin Cres., Will.
Abraham Wertman on June 11, 1983, late of 702 Dollard Ave., Montreal.

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Three year Bible cycle

JERUSALEM — Available free of charge is the booklet schedule of the latest 3-year Bible reading cycle, under the auspices of the World Jewish Bible Society and the Jewish Agency.

The schedule, in Hebrew and English, divides the entire Tanach [Hebrew Bible] into daily chapters for a complete reading over a period of three years. The sedrah of the week [Pentateuch section read Shabbat mornings] and associated haftorah section are scheduled on Fridays and Saturdays.

The current 3-year cycle, the fourth, began last Rosh Hashanah. It ends Saturday, Sept. 14, 1985.

"By reading a chapter of Bible a day, readers will participate in a worldwide schedule of study and thus spiritually unite the Jewish people through love and study of the Bible," said Louis Katzoff, vice-chairman of the World Jewish Bible Society.

The upcoming schedule is:

For Thursday, June 30 — Isaiah 25; Friday, Numbers 25:16-30:1 (Pinchas); Shabbat, Kings I 18:46-19:21 (haftorah); Sunday, Isaiah 26; Monday, Isaiah 27, Tuesday, Isaiah 28, Wednesday, Isaiah 29.

For Thursday, July 7, Isaiah 30; Friday, Numbers 30:2-36 (Mattot and Masei); Shabbat, Jeremiah 1:1-2:3 (haftorah); Sunday, Isaiah 31; Monday, Isaiah 32; Tuesday, Isaiah 33; Wednesday, Isaiah 34.

For Thursday, July 14, Isaiah 35; Friday, Deuteronomy 1-3:22 (Devorim); Shabbat, Isaiah 1:1-27 (haftorah); Sunday, Lamentations 1-2; Monday, Lamentations 3-4; Tuesday (Tisha B'Av) Lamentations 5; Wednesday, Isaiah 36.

For a copy of the schedule, write the World Jewish Bible Society, P.O.B. 7024, Jerusalem, Israel.

Missionary groups attract kibbutzniks and soldiers: rabbi

By JOEL BAINERMAN

JERUSALEM — "Christian missionary activity is alive and flourishing in the Land of Israel," reports Rabbi Shmuel Golding, himself a former missionary for the Church of France before doing teshuva (repentance) and returning to his Jewish roots.

Separated from his family who were exterminated at Babi Yar, he was rescued from the Nazis by gentiles who later sent him to England where he was educated as a Christian and ordained a Baptist minister.

When Golding began to find serious fault with Christian theology, he traveled to Turkey to rediscover his Jewish roots from his sole surviving relative. **"What I learned from church history made me realize that I was following a corrupted path which could not satisfy my inner yearnings for spiritual truth. My love for the Word of God, for the Torah of holiness, and for the people whom God had chosen, and from whom I knew I had sprung, grew like a flame within my heart."**

From his father's oldest uncle he learned Tanach, the fundamentals of Jewish faith and the essence of his Jewish soul.

After becoming a lecturer in Jewish history at Istanbul College, he founded a monthly magazine, reaching 40,000 Turkish Jews. In addition, he became active on behalf of Soviet and Syrian Jewry.

While he was trying to rescue two Syrian girls who were fleeing from their country and were believed to have been sold into slavery in southern Turkey, a Turkish citizen was killed. As a result, Rabbi Golding received a 10-year prison sentence for manslaughter. After seven months in a Turkish jail he escaped and made his way to Israel.

Since arriving in 1977 he has been in the forefront of combating missionary groups which attempt to convert Israelis and Jewish tourists to Christianity.

Rabbi Golding, who has been personally threatened and harassed by missionaries, reveals that there is an anti-missionary law in Israel that is rarely, if ever, enforced. **The law states that if a missionary tries to persuade a Jew to change his religion and in the process offers him some kind of assistance, the missionary can be expelled from the country, or, if he is an Israeli citizen, be imprisoned. Golding estimates that in Jerusalem there are 30 Christian groups trying to convert Jews, and that approximately 6,000 Jews are caught up in missionary movements in the Holy City.**

The rabbi maintains that according to bulletins put out by the missionaries, there are **at least two proselytizers on every kibbutz in the Negev, including the religious kibbutzim.** The missionaries arrive as volunteer workers, get jobs in development towns and then proceed to try to convert the population.

Says the rabbi: "I have found that generally the kibbutzim just do not care. As a matter of fact, at one kibbutz in the Galilee there are 24 missionaries — all from the same church in Los Angeles called Calvary Holiness. The whole group came as volunteer workers and have converted a lot of the kibbutzniks as well as the manager of the settlement. When I reported this to the office of the party the kibbutz is affiliated with in Tel Aviv, the party refused to do anything about it."

Golding also declares that the government is not giving the problem the serious attention it deserves. When he reported to the ministry of the interior that two families in the absorption centre in Beersheva were proselytizing, Yosef Burg and Prime Minister Begin both assured him that the missionaries would be thrown out of the country. **That was nine months ago and the families are still there.** Recently the rabbi received a letter from a school in Beersheva, requesting that he give a series of lectures to the senior students. A great number have been converted by the missionaries.

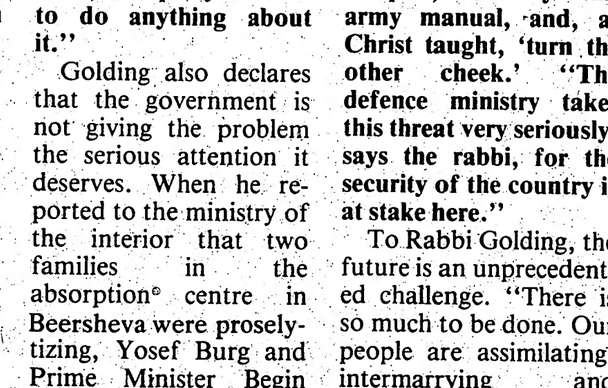
When Golding informed the ministry of defence of the attempt to convert Israeli soldiers, the army invited him to deliver some lectures to the men at various army camps. He explained to the military authorities how a group of Baptists called Beit Em-manuel in the Jaffe-Tel Aviv area put on a big party every Saturday night for the soldiers stationed in the area. After enticing the men with offers of free food and drink, they proceed to preach the Gospel and distribute tracts from the New Testament. **"Now," reveals the rabbi, "there are 150 men attending the parties. Two officers have already been converted, and they are offering promotions to those who attend the meetings and convert."**

In the November-December issue of Christian Message, the Israeli director of the United Bible Society, Terja Hartberg, is quoted as saying: **"We have received a request from Lebanese Christians who have good relations with the soldiers for 1,000 Bibles in Hebrew. These will soon be delivered."**

Once the soldier is won over to Christianity the missionaries tell him he must throw down his weapon, destroy his army manual, and, as Christ taught, 'turn the other cheek.' "The defence ministry takes this threat very seriously, says the rabbi, for the security of the country is at stake here."

To Rabbi Golding, the future is an unprecedented challenge. "There is so much to be done. Our people are assimilating, intermarrying and leaving Judaism in great numbers.

"Here in Israel thousands of young Jewish tourists and Israelis end up in the clutches of Christian missionaries. As the Baal Shem Tove once said, 'We must not give up hope of a person returning to Judaism. As long as the limb is attached to the body, there is still hope that it will be healed, but after the limb is amputated, then everything is lost. Every member of the house of Israel is a limb of the Divine Presence!"



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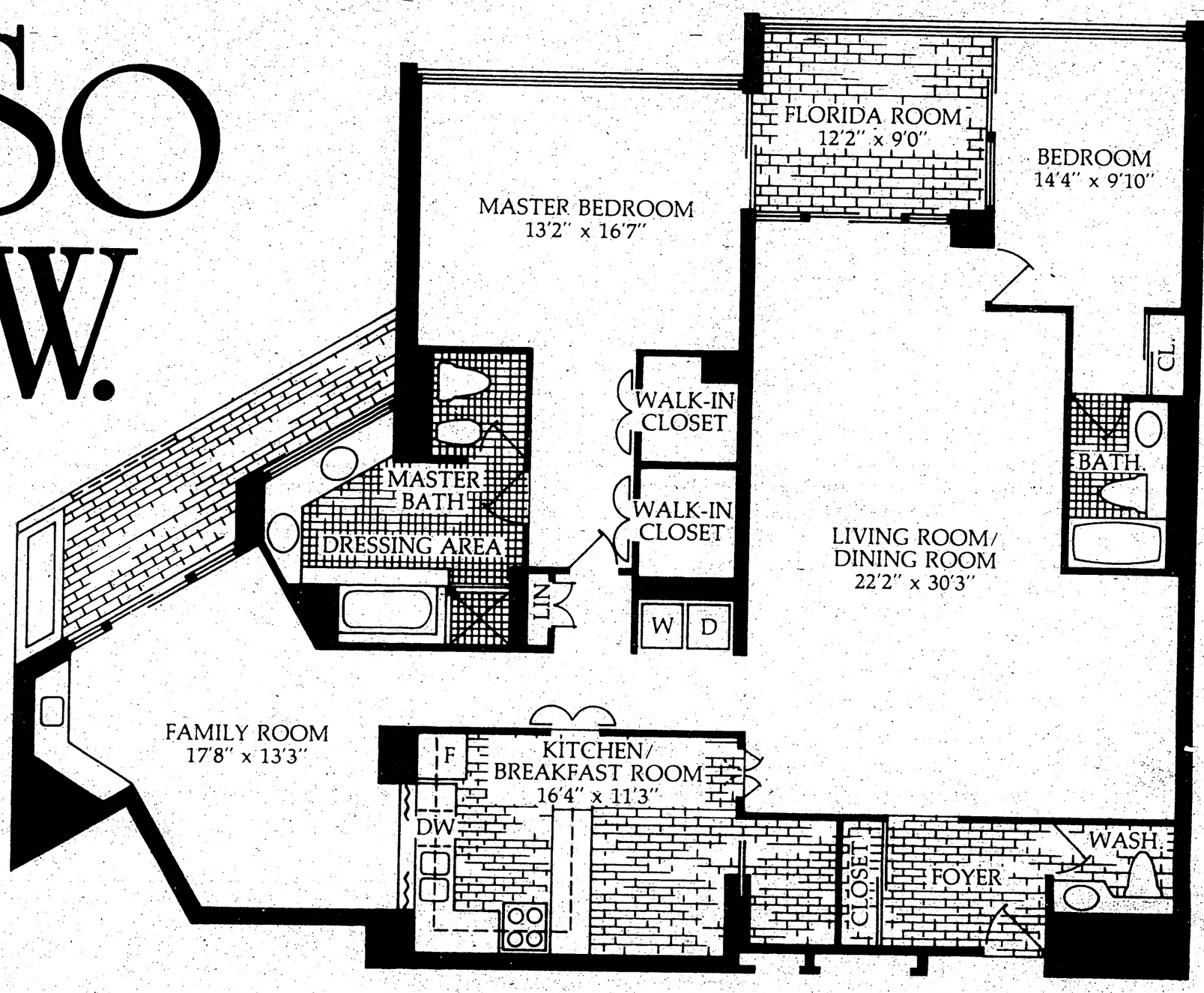

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CLOSE-UP ON HEALTH

INSIDE

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Produced in collaboration with Health and Welfare Canada.

Women

Yes, There are Alternatives to Smoking

In the Health and Welfare Canada publication, **Smoking Behaviour of Canadians, 1981,** it was reported that 41 per cent of females in the 20-24 age group were regular cigarette smokers and 33 per cent of females in the 25-44 age group smoked regularly.

More young girls are smoking today than in the past while young boys are smoking less. In 1966, for example, in the 15-19 age group only 20 per cent of the girls but 35 per cent of the boys smoked regularly. Nowadays the rate for this age group is equal for both boys and girls at 23 per cent.

But trends for women can change! Every day in Canada, young girls and women join the majority of non-smokers and make a conscious decision to quit.

Program officers at Health and Welfare Canada have positive suggestions to help develop lifestyle patterns without cigarettes:

- When you're drinking coffee, change the place you usually have your cup.
- If you're a mother at home most of the day, get right into activity after the children have left for school — preferably activity that keeps the hands busy.
- At work outside the home, keep active, and try to be with non-smokers.
- When you're on the telephone, doodle, sip ice water, stand up, or do toe-and-foot exercises.

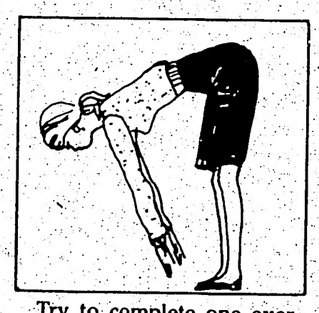
When you're driving, breathe deeply. Whistle. Sing or hum. Listen to the car radio.

- If you spend time writing, doing paper work, watching TV or reading, make sure ashtrays are hidden. Chew sugarless gum or nibble on celery or carrot sticks.
- When you're eating out, sit in the non-smoking area of the restaurant if one has been set aside.
- Ask for a seat in the non-smoking section of an airplane or bus.
- Right after a meal, brush your teeth. Save coffee until later.
- If you feel depressed, tense, angry or worried — go for a walk or run. Get involved with exercise that suits you.
- At times when everything seems to go wrong, children are yelling or problems all seem to come at once, take long deep breaths. Try to relax. Realize that even "bad moments" will pass.
- There are other alternatives, too, and some may work for you: start a new activity — anything from bird watching to becoming a community activist or politician; explore the delights of your local public library; refinish furniture; become an indoor or outdoor gardener: walk the dog; join a special interest group or society; do something for someone else.

When you think of yourself as a non-smoker you've come a long way in overcoming the problem. And you'll be a part of the majority. Two-thirds of Canadians are non-smokers.

EXERCISE is no SWEAT

When there truly isn't time (be honest!) to change, work out, shower, and get back to a busy day, opt for some "no sweat" exercises. Do them in the living room, the office — anywhere you have a square metre of space.



Try to complete one exercise for each part of your body and be sure to include combinations of swinging, marching or kicking. Start at the ankles and work up!

Too tired? Even simple stretching will stimulate circulation and lubricate the joints. A little can mean a lot, when you're rushed.

— from **"10 Ways to Look and Feel Great"**, a cooperative project of Fitness Canada and the Canadian Association for Health, Physical Education and Recreation.

TRANQUILLIZERS — HANDLE WITH CARE

"Women consistently receive twice as many prescriptions for tranquillizers as men," comments Ruth Cooperstock, a scientist with the Addiction Research Foundation of Ontario.

"Housewives, age 35 and over, not employed outside the home, are the single largest group for whom tranquillizers are prescribed. The elderly, the institutionalized and the unemployed also receive a large number of prescriptions."

Tranquillizers are taken for many reasons. Some women say, "I take them because I feel edgy," "Winter is so long," "I'm lonely," or perhaps "My doctor says they'll help my muscle spasms."

Tranquillizers are the most commonly prescribed drugs in Canada, usually ordered by physicians to combat tension and anxiety. The most popular are diazepam (with such trade names as Valium, Vivol and Novodipam), oxazepam (Serax) and lorazepam (Ativan).

These drugs depress the central nervous system and slow down responses. They may produce drowsiness, confusion, irritability or poor coordination.

But after taking them for four months, there may be dependence, making it difficult to stop their use. Health authorities say it's advisable to take tranquillizers for only one or two weeks.

The body's ability to absorb and eliminate drugs changes significantly with age. When the elderly have high rates of drug use, there may be undesired drug reactions occurring more quickly and more frequently than with younger users. So health experts say the elderly should receive smaller initial doses.

There can also be serious problems, even death, for any age group when tranquillizers are combined with even small amounts of alcohol. The combination can result in drowsiness and impaired coordination. Unfortunately, because of the very fact of drug interaction, users frequently lose judgment about their abilities and are sometimes unaware of these effects. The best advice is never to combine tranquillizers with alcohol.

Concerned health professionals, and women who have a history of tranquillizer use, often point to underlying causes of the "social pain" the drug may dull. These root causes may include unemployment, money worries, inadequate housing, lack of support structures such as day care centres and community services to maintain the elderly and chronically ill outside of institutions. And sometimes, tranquillizers are prescribed for women because of marital difficulties or family conflict.

Ms. Cooperstock believes "addressing root social or economic causes is of paramount importance."

It may not always be possible to address root causes, but some women find they can help themselves.

The Addiction Research Foundation scientist says, "Alternatives vary from person to person. Exercise, meditation, talking out problems with a good friend may help. Perhaps doing volunteer work, getting out of the house — anything that will break up the pattern of stress or feelings of helplessness. And if a woman, for whatever reason, takes tranquillizers — she should take them for only one or two weeks unless her doctor says there is a special reason to continue them longer."

SHOULD YOU TAKE AN ORAL CONTRACEPTIVE?

The Pill debate continues, despite the fact that millions of women around the world have used it to plan and space their children.

The Pill has many benefits. When properly used, it's the most effective reversible method of contraception available. It rarely causes serious complications or death. It decreases menstrual cramps and reduces flow. It gives a strong sense of security and doesn't interrupt lovemaking.

There's no reason why any healthy woman shouldn't use the Pill. However, it's your choice. There may be other contraceptive methods more acceptable to you.

Some women shouldn't take the Pill for health reasons. Women who take the Pill and smoke, at any age, run a higher risk of heart and circulatory problems. If they're over 35, and have used the Pill for a long time and smoke heavily, the risks rise sharply.

If there's a personal or family medical history of high blood pressure, diabetes, migraine headaches, heart disease, breast cancer, serious kidney or liver diseases, stroke, thromboembolism or thrombophlebitis, another method of contraception is usually advised.

Every woman should know her own body and be aware of specific signs that may indicate a problem. Health professionals suggest a system called ACHES for women who start to use the Pill:

A — abdominal pain (severe)
C — chest pain (severe) or shortness of breath
H — headaches (severe)
E — eye problem such as blurred vision or loss of vision
S — severe leg pains in the calf or thigh

If you notice any of the ACHES warning signs you should get medical advice.

Even if you're a perfectly healthy woman and you have questions about the Pill or any other contraceptive method, have a frank, open talk with your doctor or a family planning counsellor. You should feel comfortable with whatever method of contraception you use.

CERVICAL CANCER SCREENING

Programs Recommended

OTTAWA — A federal Health Department Task Force recently recommended that certain women should be screened annually for early detection of cancer of the cervix.

The screening procedure is in the form of an easy test called the Pap smear. Women between the ages of 18 and 35, who have had sexual intercourse, should have the annual Pap smear, the Task Force recommended. After age 35, the test should be done every five years until age 60, if no abnormal cells are found.

About 450 women died of cervical cancer in Canada in 1980. Early detection **can** make a difference, according to Task Force members.

* * *

Home Safety Tip

Do you have an approved fire extinguisher in a handy spot in your home? It's a good idea to have one in case of emergency.

Take It Off & Keep It Off!

How to control weight wisely

How often have you said, "If I could only get rid of that extra weight?" That extra weight that was seven pounds is now three kilograms. In either measure it causes anxiety.

It's part of the cult of being thin. Women are bombarded with images of svelte, skinny models on TV, in magazines and the movies and often feel they should be thin too.

But do you really need to lose weight? Some health authorities are saying now that often women are mesmerized by the "thin-is-in" fashion, and that they should make their own decisions about the weight that's best for them. This may mean maintaining your present weight.

However, suppose eating habits do get out of control, or you feel sluggish and hate to look at yourself in the mirror. What's the best way to lose weight?

Fad diets generally don't work. You may lose some weight at first but you're likely to put it back on. Fad diets are often boring; many are not nutritionally sound; following an extreme fad diet for a long time may damage your health.

The most effective way is to establish good eating habits and exercise daily. It's not a magic solution. It's not easy. But it works in most cases. And it's suited to the ideal weight loss goal of one kilogram (about two pounds) per week.

Basically, it's a matter of control. You learn to be in charge of problem situations — not eating when you feel lonely, depressed or bored, for example. You control sugar, fat and salt intake and eat a wide variety of foods to maintain good health while you establish a lifelong pattern. And you become energy-wise with exercise. You balance the energy you take in — through kilojoules (calories) — with energy you expend — through activity.

There are two excellent booklets to help: **"Be a Wise Loser"**, free from the Health Promotion Directorate, Health and Welfare Canada, Box 8888, Ottawa K1G 3J2; and **"10 Ways to Look and Feel Great"**, also a free booklet about physical activity for women, produced jointly by Fitness Canada and the Canadian Association for Health, Physical Education and Recreation (CAHPER) and is available from CAHPER, Tower B, 12th Floor, 333 River Road, Vanier, Ontario K1L 8B9.

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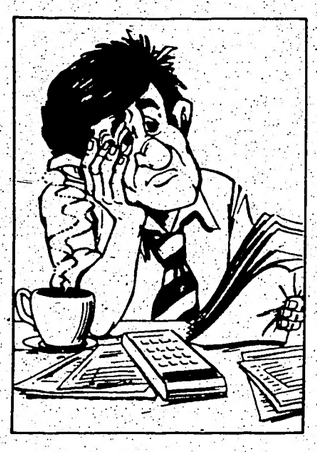
NERVES JANGLING? IT MAY BE THE CAFFEINE



Caffeine is a mild addictive drug. You find it in coffee, tea, cola drinks (regular and diet), cocoa and chocolate, headache and cold tablets and stay-awake pills.

If you drink more than five to eight cups of coffee a day, for example, you're probably dependent on caffeine. More than 10 cups a day could affect your health, causing chronic insomnia, stomach upset, even persistent anxiety or depression. Caffeine's link to heart disease, ulcers and bladder cancers is still controversial.

But there's enough evidence, according to Dr. Richard Gilbert of the Addiction Research Foundation of Ontario, to say that "a little of the stimulant goes a long way".

What can you do, if you want to cut down on caffeine intake?

Health authorities suggest drinking weak tea or decaffeinated coffee; limiting cocoa and chocolate products; and, when taking medication with caffeine, decreasing caffeine from other sources accordingly; drinking water, fruit juice and caffeine-free soft drinks will also help in limiting caffeine consumption.

"Know Your Blood Pressure"

OTTAWA — "As a general rule," says Dr. Harold Colburn of Health and Welfare Canada, "have your blood pressure checked at least once a year if you didn't have a high reading at the last check-up. Ask to have it measured when you visit your doctor or nurse, or when another opportunity arises.

"Of course, if you know you have high blood pressure, you should visit your doctor as often as he or she recommends — to have your pressure taken and obtain guidance on treatment."

The recent Canada Health Survey found that men are four times more likely than women to have more serious levels of uncontrolled high blood pressure.

High blood pressure, or hypertension in medical language, affects more than 1,500,000 Canadians. And many people don't even know they have it.

But everyone has high blood pressure. It's the force of the blood against the walls of the arteries. This force is generated by the heart as it pumps blood to all parts of the body and is needed to maintain the circulation. In some people, blood pressure is higher than it should be — because arterioles (tiny arteries) narrow down, making it harder for the blood to pass through. This can make their blood pressure rise.

What Causes High Blood Pressure?

No one knows for sure what causes it. Studies show that a variety of factors may be involved. Excessive salt intake, obesity, heavy alcohol consumption, stress, heredity and body chemistry are some of them. Many health authorities believe there's no single cause.

How Does It Affect the Body?

High blood pressure adds to the workload of the heart and puts strain on the arteries. If that pressure is uncontrolled, there's increased risk of stroke, heart attack, enlarged heart, kidney failure and eye damage.

Symptoms?

One of the difficulties is that most people with high blood pressure have no symptoms at all. People can't rely on how they feel to tell them if their blood pressure is elevated. That's why it's just common sense to have blood pressure checked on a regular basis.

How Do You Prevent It?

Dr. Colburn of the federal Health Department says, "All the answers aren't in but we know that high blood pressure is more common among the overweight. Also, controlling salt intake can do no harm and might benefit those who are susceptible to its effects.

"High blood pressure, cigarette smoking and elevated blood cholesterol levels are the three major risk factors for cardio-vascular disease. So it's also important to control fat intake to keep blood cholesterol levels down, and to quit smoking."

Dr. Colburn asserts, "Modern treatment is very effective in reducing high blood pressure and its consequences. Don't go around in the dark. Know your blood pressure. Have it checked as often as your doctor recommends — at least annually — and keep a record of your pressure. If you are placed on treatment, follow the doctor's recommendations closely — including taking medicines regularly if they're prescribed."

Questions Men Often Ask About Fitness

Q. What can I do to improve my cardio-respiratory fitness?

A. Choose an activity which fulfils three criteria: it can be done regularly; it entails continuous movement; and most of all, it's enjoyable. If done vigorously, the following activities are aerobic in nature: cycling, swimming, canoeing, rowing, cross-country skiing, tennis, walking, squash, jogging, soccer, etc. Sports where the movement is not continuously vigorous will not provide as good a vehicle for improving cardio-respiratory fitness. These include downhill skiing, water-skiing, volleyball, badminton. Farther down the line are relatively passive activities such as bowling, curling, fishing and golf which will have very little effect on aerobic fitness.

Q. What does "aerobic" exercise mean?

A. Those types of exercises and activities which improve cardio-vascular fitness. That is, efficiency of oxygen uptake and utilization. These include total body activities that are sustained and continuous — in order to challenge the cardio-vascular and respiratory systems.

Q. Can I exercise too hard?

A. You are the best judge of your own limitations. However, in a group or class situation it's easy to become competitive. At the beginners' level, a good workout will leave you with some mild stiffness and soreness in those muscles unaccustomed to activity. Only if the soreness causes real discomfort should you consider it a result of overexertion.

Q. Does smoking have much effect on a person's cardio-respiratory fitness?

A. In most cases, the capacity for improving cardio-respiratory fitness is significantly greater for non-smokers than for smokers. Even though smokers can improve their fitness greatly with training, non-smokers are able to improve it by 5 to 10 per cent **more**. Naturally, in highly skilled athletes engaged in endurance sports, these differences become much more significant.

— adapted from **Fitness: Questions and Answers**, free booklet available from Fitness Canada, Fitness and Amateur Sport, 365 Laurier Avenue West, Ottawa K1A 0X6.

COPING WITH STRESS

Dr. Hans Selye, the world-renowned stress expert, once defined stress as "the rate of wear and tear on the body."

The late Dr. Selye also said that stress isn't all bad. Some of it is positive, even joyful — as when you kiss someone you love or attend a happy occasion such as a wedding.

Then there's negative stress — linked to unemployment, marriage problems, death of a spouse, money worries, poor housing or concerns about children. There are dozens of reasons for Canadian men and women to feel "under stress".

If people can't cope with stress, it may lead to high blood pressure, heart disease, ulcers, migraine headaches, asthma or dependence on alcohol and drugs. Health authorities say stress is one of the leading causes of disease in our society.

How can you control stress, so it doesn't result in a serious condition? Experts say you should be aware of the warning signs. They include rapid heartbeat, sweaty palms, a stomach in knots, short temper, or feeling irritable or inadequate. To get over these feelings, some people may go on an eating binge, or drink too much "to escape". They may turn to tranquillizers, sleeping pills or cigarettes, which won't help at all. In fact, any of these escape mechanisms may impair health even more.

Experts say that people under stress should accept it as a part of life. They should realize that some things just can't be changed.

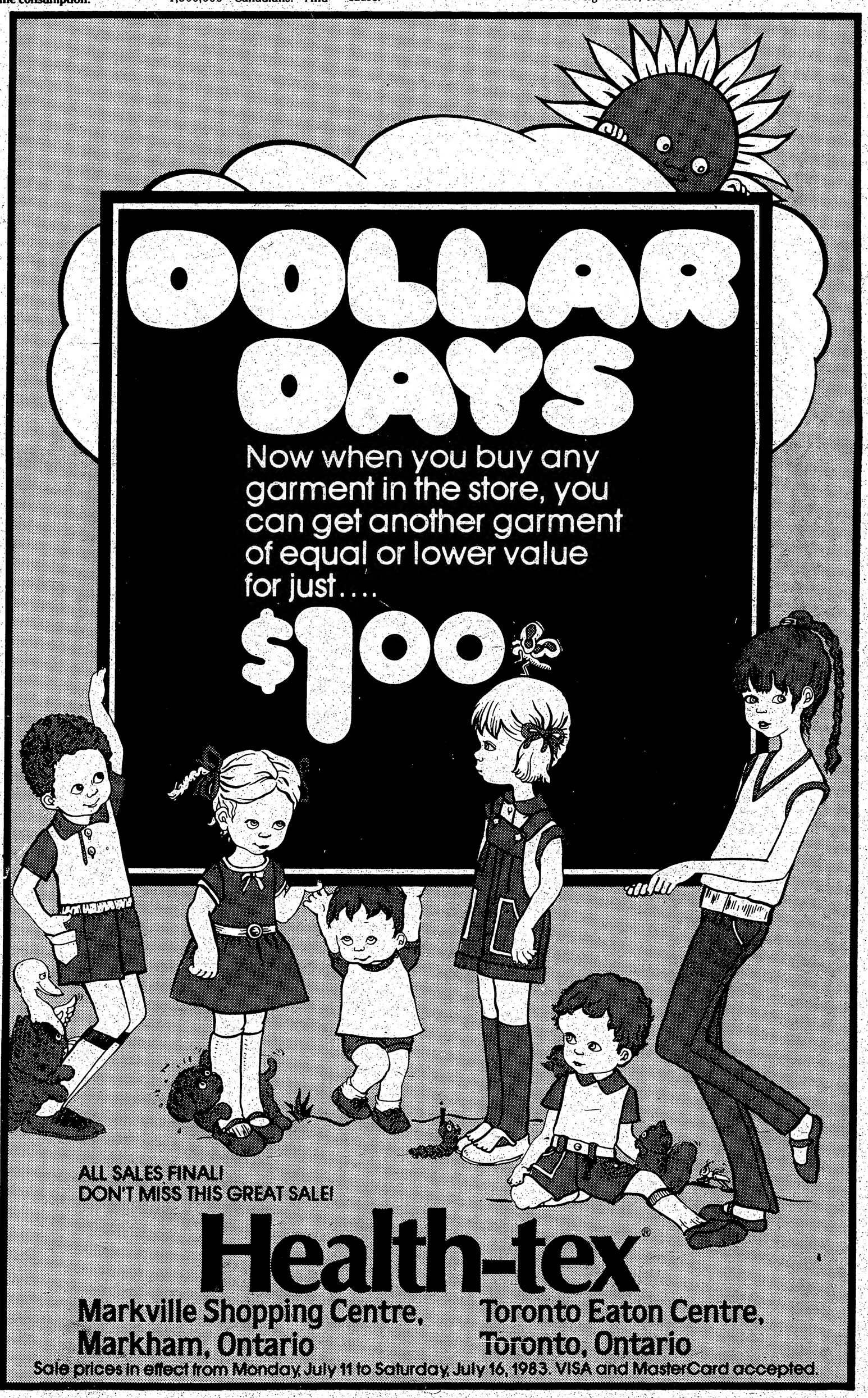
Stress counsellors offer coping techniques: Set priorities and organize time, attending to essential tasks first. Eat the right foods. Get enough rest. Revitalize through exercise. Counsellors emphasize that it's just common sense to realize that a body in poor physical shape won't be able to handle stress very well.

It's also suggested that relaxation techniques are useful: deep breathing, stretching, walking, yoga. For men, expressing emotion rather than repressing it often helps.

It may help to talk over anxieties with someone in the family, a good friend, a member of the clergy or a sympathetic physician — someone who will take time to listen. If the stress problems are very serious it may be useful to seek professional help and to get a good book or two with sound information on stress management.

Experts also say "Listen to the body. It will tell you if you're pushing too hard or taking things too seriously. And look on the funny side. Give yourself a treat once in a while. Develop a new hobby. Do something for somebody else."

Solutions may not be easy, especially in a time of recession. Yet stress counsellors say being aware of stress, accepting it and adjusting to it are the basics in coping.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Young Adults

CONDOM GAINING IN POPULARITY

With conflicting reports of problems and side effects of the oral contraceptive, IUD and some spermicides, many Canadian couples use the condom as the chief means of birth control these days. The device is also used to prevent the spread of sexually transmitted diseases such as herpes or gonorrhea.

Dr. Pierre Blais, head of Research and Development, Bureau of Medical Devices, Health and Welfare Canada, says, "If well designed and properly used, the condom can be among the least hazardous, the most direct, and most successful approach to fertility regulation."

But couples should know the basics about this barrier method.

Buying and Storing

Purchase condoms from a distributor with a fast shelf turnover, such as a pharmacy. Rubber products have a limited shelf life. Even though federal regulations require indication of expiry date, encoding isn't always clear. Moreover, the expiry date may be meaningless if the product has been stored in a hot warehouse.

Select condoms which are individually sealed in hermetic plastic or metal foil envelopes. Avoid the ones packaged in open paper pouches. Contact with air accelerates deterioration.

Don't rely on novelty condoms from specialty stores. The devices may be substandard and ineffective.

Condoms should be stored in their original box in a cool, dry plaee away from direct light, in particular from the sun. Avoid storing individual condoms loose in drawers, under heavy objects, in wallets, or in purses for weeks or months. They deteriorate much faster and handling may puncture them.

A device pre-packaged with a lubricant or spermicide may deteriorate more quickly than a "dry" one. If the stock seems old, open one envelope and ensure that the lubricant is still there and that the condom does not adhere to the envelope or itself in the rolled position. A "gamey" odour, a dried lumpy or discoloured lubricant, or evidence of liquid leakage on the outside of envelopes makes the whole box suspect.

Use of the Condom

A lubricant is necessary to avoid tearing of the condom due to friction. Use only water soluble medical lubricants (such as K-Y jelly or Lubrafax sold in pharmacies).

Never use suntan oils, petroleum jelly, cold cream or other related cosmetics as lubricants. These products may cause the condom to deteriorate rapidly and fail in service.

A woman should use spermicide jelly, cream or foam to increase contraceptive effectiveness.

A man should roll on the condom immediately upon erection, taking care a space is left at the condom tip; after ejaculation the condom is carefully removed, while held firmly, so no ejaculant is accidently spilled into the vagina.

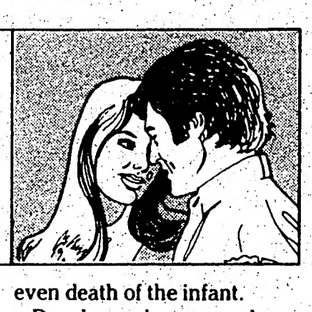
A condom should be discarded after use.

Some men say the condom reduces pleasure, but putting on the device can be part of the love-making.

For More Information

If you have any questions about the condom or other birth control method, talk with your doctor, pharmacist or health professional in a clinic or family planning organization.

To Avoid Herpes, Be Aware, Says Doctor



"If you choose a liberated lifestyle, know about sexually transmitted diseases and be prepared," says Dr. Gordon Jessamine, well-known epidemiologist with the federal Health Department.

On the subject of genital herpes, Dr. Jessamine says it's not known whether or not there's an epidemic in Canada. Ten years ago herpes was considered a rare condition but today the disease, caused by a virus, is one of the most common genital infections in North America.

The federal Health Department received 4,542 positive laboratory reports of herpes viruses in 1981, almost double the 1980 total of 2,584. And there were obviously many more cases in which lab tests were not done.

Genital herpes is contracted through sexual activity with an infected person who has active (unhealed) lesions.

In the active stage these lesions appear first as small painful blisters on the genitalia, similar to the cold sores people get on their lips. Usually the blisters break, leaving a series of small ulcers which eventually heal. The infection then enters a latent period which may last for weeks, months or years — indeed, maybe forever!

The disease may flare up again but recurrences usually don't last as long as the first attack. Genital herpes is contagious during each episode, even when the recurrent attack appears mild.

"Sexually active people should not be casual about herpes," Dr. Jessamine insists. "It's not the thing you would want to pass on to a friend."

While the infection itself may be classed as a nuisance, some serious complications have been associated with it, but not necessarily caused by it.

For women, there appears to be an association between herpes and cervical cancer, although a causal relationship remains to be proven.

The main problem and complication occurs in pregnancy when the infection may be passed on to unborn or newborn babies. This can result in congenital abnormalities, mental retardation or even death of the infant.

Dr. Jessamine says, however, that herpes is a much less serious problem than undiagnosed (and therefore untreated) gonorrhea, which exists in Canada at epidemic levels.

"When it comes to herpes or any sexually transmitted disease," the epidemiologist adds, "one must be discriminating in one's actions. If a person has a cold sore on the lip, there should be no kissing until the sore has healed. Similarly with genital herpes, a person should avoid intercourse when blisters or ulcers are present. Using a condom, or a diaphragm and contraceptive foam, may prevent some herpes infections, but not as effectively as these devices prevent gonorrhea.

"Herpes may not be curable, but ignorance is. So be prepared. If you think you're going to be sexually active, have a condom handy," remarks Dr. Jessamine.

And he emphasizes, "Getting together with a partner may be one of the most natural things in the world. But let's be responsible, and be prepared."

HOW CAN YOU TELL IF YOU HAVE STAMINA

Try these simple tests:

First, walk briskly up and down a flight of stairs — three times. If you can talk while doing this, without sounding out of breath, your stamina level is probably OK.

Second, run on the spot. Make sure you lift your feet six inches off the floor. If you can keep running for two minutes without reaching the out-of-breath stage, once again — your stamina is likely pretty good. But if you find you're out of breath before two minutes are up, stop immediately.

If you have good stamina — congratulations. You'll know it gives you energy to do the things you want to do. And your stamina is probably developed and enhanced through a fitness routine.

But if you feel you should have more stamina, why not get active? Start gently. Build up gradually. You'll feel better and find you can handle tension better too.

* * *

Fast Fact

Think about sidestream smoke. It contaminates the air with carbon monoxide and many other noxious chemicals. It may cause eye or throat irritation to people in its path. When you're a non-smoker you won't threaten the health of others.

Health Matters

Want to be More Informed?

Free publications are available from the Health Protection Branch, Health and Welfare Canada, on topics such as food safety, food technology, safe use of drugs, cosmetics, medical and radiation-emitting devices.

Check the publication(s) you would like and fill in the request form below:

- ☐ 1. **Food Additive Pocket Dictionary** (booklet) lists all food additives permitted in Canada and describes their functions.
- ☐ 2. **Food Hang-Ups** (set of 5 tearsheets) provides basic information on "wonder" foods, animal versus vegetable protein, fad diets, food additives, and refinement and enrichment of foods.
- ☐ 3. **Food Safety — It's All in Your Hands** (booklet) explains through illustrative case histories, some of the ways in which food poisoning occurs and how it can be prevented; includes insert with safe food handling tips.
- ☐ 4. **Canned Food: Keeping the Lid on Contamination** (tearsheet) describes signs of spoilage in canned foods.
- ☐ 5. **Fact Sheet on Monosodium Glutamate** (tearsheet) explains why this flavour enhancer is added to foods and how to avoid excessive use.
- ☐ 6. **Mould — More than Meets the Eye** (tearsheet) describes risks associated with moulds and how to reduce or avoid their presence.
- ☐ 7. **Non-Prescription Drug Series** (4 leaflets) provides information on the wise use of these products: (1) The Laxative Habit; (2) Cough Remedies; (3) Antacids and (4) Vitamin Preparations.
- ☐ 8. **Seeing Through the Mist of Vapourizers & Humidifiers** (leaflet) explains how to use these devices safely.
- ☐ 9. **Sounding Out on Diagnostic Ultrasound** (leaflet) discusses the uses of ultrasound in obstetrics and gynecology, the benefits and possible risks.
- ☐ 10. **Protection is Our Middle Name** (folder) gives brief overview of Health Protection Branch activities.

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PEOPLE ARE LOSING WEIGHT WITH "DIET WORKS"

by Lynda Stoneman

DIETING is surely no fun and cooking low-calorie diet meals is certainly a hassle, especially, if you are faced with going to work, cleaning house or looking after a family.

Things have changed though and we have to say thanks to an organization called Diet Works which is responsible for a totally new concept in dieting.

Diet Works offers wholesome, calorie counted, nutritionally balanced prepared food, all of which is pre-cooked and delivered to your home. The dieter is provided with three ready made meals for each weekday — including between meal snacks. All meals include dessert or fresh fruit, completely eliminating the need for food preparation or cooking. In fact if you eat anything that Diet Works doesn't give you, then you know you have broken the diet.

DEBBIE BRAY

The diet plan is available in 1000, 1200 or 1500 calorie per day packs and the delicious meals are designed to be eaten hot or, in the case of some lunches, cold for people without heating facilities at work. The cost of a full week's food i.e. 21 meals plus snacks is about $10.00 per day. Lunch or dinner entrees can be bought separately, stored in the freezer and eaten as you wish.

There are no membership fees or contracts. You only pay for the food. Diet Works employs a staff of fully trained diet counsellors who are available for free consultations on the various aspects of dieting and weight loss.

One of the most important factors in successful dieting is that of maintaining appetizing and interesting food. The Diet Works' dietitian has personally prepared menus that offer a wide range of tasty eye-appealing meals while at the same time carefully ensuring their specific low calorie content. Special diets may be prepared, tailored to your specific requirements.

Mrs. I. Vallance of Toronto is just one of the many satisfied clients that have lost weight through Diet Works. Mrs. Vallance has lost 30 pounds in three and one-half months while Michael Polowin of North York has lost 57 pounds in the same period. They both attribute Diet Works with changing their lifestyle.

The quality ingredients for all Diet Work's recipes are carefully chosen from local suppliers and the meals are prepared in the specially equipped kitchen under the supervision of diet counsellors Debbie Bray and Nancy Guppy.

"The food is cooked, measured, trayed and then quick frozen and everything is date stamped with the freezer or refrigerator life of the product. I check and taste every dish that is prepared," says Debbie. "It's really encouraging when customers who have been on the diet and lost their desired weight, continue to buy the dinners and lunches just because they enjoy our meals."

Breakfast is a combination of cereal, milk and fruit cup or grapefruit, bran muffins, melba toast and cheese while lunch may include Lasagna, Gazpacho Soup or Eggplant Zucchini from among over 20 lunch entrees. Diet Works' dinners offer a variety of over 21 entrees and desserts that include Veal Parmesan, Pineapple Chicken, Beef Teryaki and Lemon Sole. This nutritionally balanced programme gives a good feeling about dieting at a price that one can afford.

Trimming those unwanted pounds isn't fun for anyone, but with Diet Works it couldn't be easier. **Calorie reduction is necessary for weight loss and DIET WORKS controls your calorie intake.**

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WHAT CAN YOU TAKE WHEN YOU'RE PREGNANT?

Expectant Mothers Should Know of Drugs' Effects

Most women with great expectations know they need regular prenatal checkups and a nutritious diet to increase the chances of having a healthy baby.

But health authorities say a woman should also be aware that many drugs affect not only the mother who takes them, but also her unborn child.

The effect of a drug on the fetus depends upon many factors including the nature of the drug, the amount taken, the stage of pregnancy and the duration of its use. The baby is in the greatest danger during the first three months when its major organs are developing. However, some drugs can harm the fetus even when taken much later in pregnancy.

Dr. Patrick MacLeod, formerly a pediatrician with the Grace Hospital Vancouver, and now a professor at Queen's University, identifies alcohol as "the number one lifestyle agent bad for the unborn child."

He has monitored this problem in British Columbia and advocates a vigorous public health program to address the issue.

Other potential difficulties arise from smoking (tobacco is a drug) and medications, prescribed or over-the-counter drugs.

Fetal Alcohol Syndrome (FAS)

The alcohol a pregnant woman consumes crosses the placental barrier to the baby, travels through the baby's bloodstream and may seriously affect its developing organs.

Dr. MacLeod says, "We now have data saying that drinking at above the level of moderate alcohol consumption puts your baby in jeopardy. The more you drink the more your unborn baby drinks.

"Forty to 50 per cent of FAS babies have a congenital heart defect and 40 per cent will have behavior problems such as hyperactivity or learning disabilities."

Is there a potential problem when a woman may not know she's pregnant and has several drinks a day?

"There may be, because organ development occurs in the first 10 to 12 weeks."

And after a woman knows of her pregnancy, are chances of having a healthy baby increased if she stops drinking? Dr. MacLeod says, "Yes. It's never too late to stop. But not on the night before delivery!"

Tobacco

Babies of smokers may weigh less at birth. (However, if a woman gives up smoking during pregnancy, her risk of delivering a low-weight baby is similar to that of a non-smoker.)

Also, the more a woman smokes, the greater the risk of spontaneous abortion or miscarriage, premature delivery, hemorrhage before delivery, stillbirth and death of the new-born infant.

The more the mother smokes, the more the unborn child smokes. This may cause respiratory difficulties in and around birth and early in the first year of life. As well, health authorities are concerned that when parents smoke, a young child can suffer from the effects of secondhand smoke.

Other Drugs

There's an "alphabet soup" line-up of over-the-counter preparations that pregnant women should not take without their doctor's knowledge and consent. They include pain-killers such as aspirin or ASA or acetaminophen, antacids for heartburn, antidiarrheals, antinauseants, antihistamines and laxatives.

Although tranquillizers are prescription drugs they are sometimes so readily available that people often don't recognize that they should be used only on a doctor's advice. Chronic use of some tranquillizers may lead to a withdrawal reaction in the newborn baby. And some tranquillizers used in the first three months of pregnancy may slightly increase the risk of certain fetal malformations.

Cannabis preparations such as marijuana or hashish, and their smoke, have been linked to birth abnormalities and should be avoided.

Dr. MacLeod says, "We have to educate men and women of parenting age that life begins before delivery, that lifestyles **do** have an impact on the unborn. Alcohol, tobacco and other drugs do cross the placenta and are harmful. Persistent abuse of these agents is a type of battering of the unborn. So it's very important parents are aware — to promote health for both mother and child."

For more information about some widely-used social and non-prescription drugs, write for the free booklet "Can I Take This if I'm Pregnant?" Available from the Health Promotion Directorate, Health and Welfare Canada, Box 8888, Ottawa K1G 3J2.

VITAMINS

To Take or Not to Take

Concerned about whether or not you should pop vitamins? You're not alone. Some people wonder if they're really needed. Others insist a daily vitamin C tablet, for example, will prevent colds. Yet others go for a technicolor assortment of A, B's, C, D and E.

"Good insurance", says one Toronto student.

And a secretary in Vancouver maintains, "Food these days is so overrefined that much of the goodness is removed. I take vitamins to replace those lost in processing."

But a 24-year-old Lunenburg fisherman comments, "Vitamins? A waste of money! Besides, I can't afford them."

So what should you do? Most experts say that if you're healthy and eat a variety of foods — as recommended in Canada's Food Guide — you'll get all the vitamins and other nutrients you need. **That's** good insurance. And buying vitamin preparations **is** probably a waste of money. Health authorities add that if you get proper amounts of vitamins A and D from food, you may do more harm than good if you take extra in supplement form. High doses of vitamins A and D are toxic.

There are people who may need some vitamin supplements: smokers, persons with allergies, or problems with food absorption or certain diseases; persons who don't, or can't, eat a wide variety of foods.

All 13 of the known vitamins are essential. If for any reason you feel you may be missing out on one or more, talk to your doctor. Or get information from a dietitian or nutritionist in the local health unit.

ABOUT SMOKING

- If you're a non-smoker between 30 and 35 years of age, you can expect to live eight to nine years **longer** than a two-pack-a-day smoker of the same age.
- If you smoke, think about sidestream smoke from your cigarettes! It contaminates the air with carbon monoxide and many other noxious chemicals. It may cause eye or throat irritation to people in its path. When you're a non-smoker you won't threaten the health of others.
- The truth about low tar/nicotine cigarettes: They aren't "safe". In fact, people who switch to "milder" brands often compensate for the lower level of nicotine by smoking more. And if the holes around the filter are covered with the fingers, more tar and nicotine are inhaled. So a "light" brand smoker, depending on how much smoke is inhaled, may ingest more tar and nicotine than a smoker of a much "heavier" brand.
- You don't have to get fat if you stop smoking! Studies show that some quitters gain only two or three pounds. Very few gain more than 15 pounds and some even lose weight. There's no magic trick in keeping trim. It's very hard for some people. Yet wise quitters do it. They follow Canada's Food Guide and exercise. They enjoy activities that take the mind away from cigarettes.
- For more facts about smoking, write for a free pamphlet: "Let's Talk About... Smoking". Available from the Health Promotion Directorate, Health and Welfare Canada, Box 8888, Ottawa K1G 3J2. Or for more information on programs or resources available in your area — to help you quit — contact your local lung association or health department.

Young Drivers can be Safe Drivers

What positive suggestions does a safety officer have for young drivers who want to keep on living a healthy, productive life — free from disability or other hazards?

Transport Canada's Chris Wilson emphasizes that the wise young adult isn't daring behind the wheel, has probably taken a good driver education course and wears a seatbelt.

Mr. Wilson adds, "Of course the good driver adjusts speed to prevailing road, traffic and weather conditions and stays within the posted speed limit.

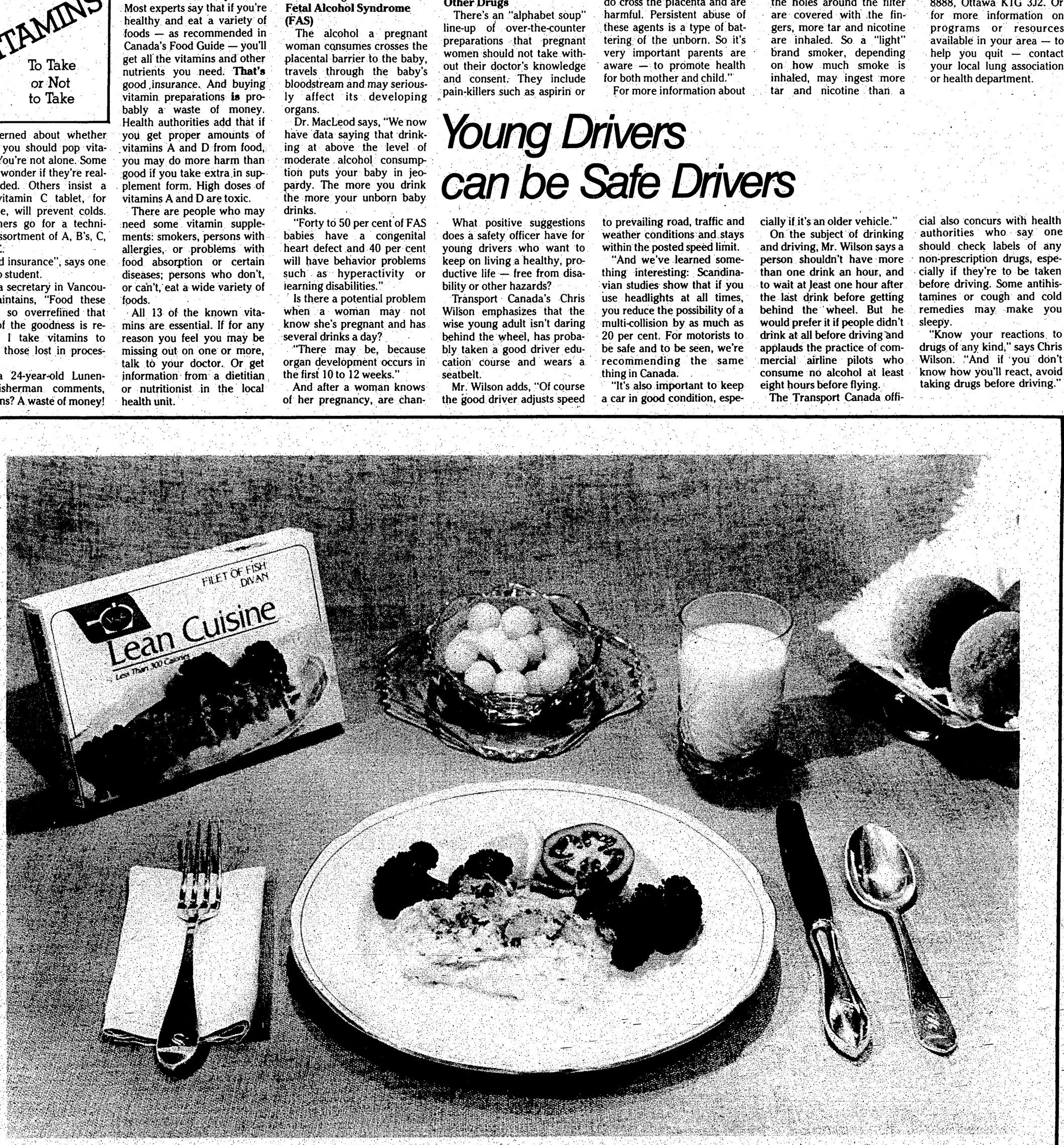
"And we've learned something interesting: Scandinavian studies show that if you use headlights at all times, you reduce the possibility of a multi-collision by as much as 20 per cent. For motorists to be safe and to be seen, we're recommending the same thing in Canada.

"It's also important to keep a car in good condition, especially if it's an older vehicle."

On the subject of drinking and driving, Mr. Wilson says a person shouldn't have more than one drink an hour, and to wait at least one hour after the last drink before getting behind the wheel. But he would prefer it if people didn't drink at all before driving and applauds the practice of commercial airline pilots who consume no alcohol at least eight hours before flying.

The Transport Canada official also concurs with health authorities who say one should check labels of any non-prescription drugs, especially if they're to be taken before driving. Some antihistamines or cough and cold remedies may make you sleepy.

"Know your reactions to drugs of any kind," says Chris Wilson. "And if you don't know how you'll react, avoid taking drugs before driving."



LEAN CUISINE is a new line of 10 single serving, good tasting, calorie-controlled frozen entrees from Stouffer's. All entrees are less than 300 calories. Pictured above is Filet of Fish Divan at only 240 calories. **LEAN CUISINE** is a realistic and convenient way to reduce or control calories without sacrificing taste or spending hours in the kitchen.

Parents

MEATLESS MEALS HELP LOWER FOOD COSTS

Worried about the high cost of eating? Many young Canadians are. To cut down a bit on food bills, they prepare an occasional vegetarian meal.

It's no longer considered "far out" to eat meatless meals two or three times a week. They're often available in restaurants, cafeterias and on airplanes.

And people are preparing them at home — perhaps corn chowder or a thick all-vegetable soup, baked beans, pasta with tomato sauce, Mid-European perogies, Mid-East falafel and hummus, lentil soup, tortillas or vegetable curry. Meatless main dishes may include peas, beans, grains, seeds and nuts and they reflect the fact that Canadian food tastes have become more sophisticated.

Tofu is another dish growing in popularity. It's the custard-like soy bean curd which originated in China and Korea and it's being made by companies in several Canadian provinces. Students, and others, who "live on a shoestring budget" may make a main dish from inexpensive tofu one or two nights a week. They say, though, that the water must be drained off the curd daily and that spices, tomatoes, green peppers or onions are needed to pep up its bland flavor.

Certainly, vegetarian meals can lower food costs. There are also the advantages of less fat and more fibre in the diet.

But if you expand your food pattern to an almost total vegetarian diet, more nutrition information is needed on food choices. Otherwise, you may develop problems with not getting enough protein and certain vitamins, calcium and iron. This is a real concern for people who become "vegans" — persons on a "no-animal food" diet. They may not get a variety of needed nutrients.

If you want to be a "lacto-ovo" vegetarian — one who uses eggs and dairy products along with a variety of peas, beans, lentils, seeds and nuts — you'll probably get enough nutrients and protein.

Exploring vegetarian foods patterns? "A good idea," says a University of Manitoba nutritionist. "You'll save a fair bit on your food bill and get less fat and cholesterol in your diet. It may even help you keep slim."

BROWN BAGGING IT...

One Way to Eat Well For Less

In these tough times more and more people are packing a bag lunch to save money.

Generally, a bag lunch can cost a lot less than restaurant or cafeteria food. But how can you make sure it's packed with nutrition and interesting?

It Doesn't Have to be Plain Bread All the Time

Vary the sandwich bread. Try crusty rolls, hamburger or hot dog buns, whole wheat, oatmeal or rye bread. Many supermarkets now sell pita (unleavened Lebanese or Syrian bread) and it makes an interesting change when its pockets are filled.

Dress Up Conventional Fillings

Add zest to sandwich fillings by including texture: from grated carrots, shredded cabbage, alfalfa or bean sprouts, green pepper slices, fresh spinach, mushrooms, watercress, fresh parsley, cucumber or Bermuda onion slices, chopped nuts or pickles.

The Case for Protein

The protein component is important — to build and repair body tissues and to help fight infection. Consider a hard-boiled egg, cheese or peanut butter as occasional alternatives to more expensive meat, poultry or fish fillings.

Think of Food Safety

If you take along cottage cheese, yogurt, milk or sandwiches with cold cuts, chicken, tuna or salmon fillings, refrigerate the lunch to be on the safe side and to prevent bacteria from multiplying.

Always keep cold food cold — below 4°C/40°F, and hot foods hot — above 60°C/140°F. Under no circumstances leave potentially unsafe foods at normal room temperature for longer than two hours. Pay special attention to meat, poultry and fish, stuffing, gravies, meat and potato salads, custards and puddings, eggs and cream-filled desserts.

Every year, about 500,000 Canadians suffer from food poisoning caused by improper handling of food!

If a refrigerator isn't available, a freezer gel pack in your lunch container or brown bag will keep sandwiches safe until lunchtime.

Make sandwiches ahead, fillings of meat, poultry, fish and cheese freeze well. But it's not recommended to freeze eggs (they become tough and dry), luncheon meats and bologna (which will become overly salty) or tomatoes and vegetable greens (which will make bread soggy). Frozen individually wrapped sandwiches taken from the freezer in the morning will thaw in two or three hours.

Ugh! Sandwiches Again?

For a change, use a thermos to pack leftover chile con carne, soup, stew or spaghetti and meatballs.

Or if you prefer a lighter lunch, make a fruit salad. Or pack cottage cheese and fruit in a wide-mouthed thermos.

Brown bagging it doesn't have to mean boring lunches. With just a little imagination, planning and effort, you can eat wisely when hunger pangs hit. And you can save money at the same time.

* * *

Think Slim When You Snack!

Even a **few** thin potato chips can make a difference to your diet. To burn off ten of them requires one hour and six minutes of watching TV, 22 minutes of walking or 12 minutes of running. Compare that to munching on one apple. You burn off the energy from it by watching TV for 45 minutes, walking 15 minutes or running four minutes. So bear in mind — to stay in shape, balance what you eat with what your do!

MYTHS ABOUT ALCOHOL STILL AROUND

It's estimated that about 85 per cent of Canadians are social drinkers and drink occasionally, fairly frequently or very frequently. Yet many people who drink have some hazy notions concerning alcohol, according to provincial addiction research foundations and commissions.

Some basic facts:

- It's a myth "you're better off with beer". One regular 5 per cent beer has the same amount of alcohol as 43 mL (1½ ounces) of liquor or 140 mL (5 ounces) of table wine.
- Being able to "hold your liquor" usually means a person has developed a tolerance to alcohol. As tolerance develops, larger amounts of alcohol are needed to get the same effect.
- The effect of an alcoholic drink on the body is increased when an antihistamine is taken at the same time. This is also true when alcohol is taken along with other drugs such as tranquillizers, barbiturates or sedatives.
- Alcohol has calories and may be fattening. An average 341 mL (12 ounce) beer contains 630 kJ (150 calories) and a 140 mL (5 ounce) glass of table wine — 360 kJ (85 calories). If alcohol is substituted for a balanced diet, malnutrition may result.
- Contrary to popular belief, only about 5 per cent of alcoholics live a skid-row type of existence. A person dependent on alcohol may be a student, mother, blue-collar worker, dentist, typist, anyone.
- Switching or mixing drinks won't make a person drunk faster. Alcohol is alcohol. However, for some, switching is more likely to cause nausea and vomiting — possibly because of the different flavorings and mixes used.
- There is no way to sober up quickly because the body breaks down alcohol at a steady rate. Nothing, including black coffee or a cold shower, can speed up the process. All black coffee can do is make someone a wide-awake drunk. And it's a myth that "a hair of the dog" will help a hangover the next morning.
- It's not good to have a stiff drink when you're cold because as a depressant, alcohol lowers overall body temperature.
- It's a myth that alcohol is high in nutritional value. It does have carbohydrates, hence the caloric content, but contains no minerals, amino acids (in proteins) or vitamins. In fact, people who drink regularly run the risk of serious vitamin deficiencies.

For facts on drinking, write for a free pamphlet "Let's Talk About... Alcohol" from the Health Promotion Directorate, Health and Welfare Canada, Box 8888, Ottawa, K1G 3J2.

Parents Urged to Communicate with Kids to Prevent Drug Abuse

OTTAWA — "There are some fathers around who spend no more than a few seconds a week actually talking with their kids," says Jim Morrison, a consultant in drug and alcohol education in the Brockville, Ontario, area.

"And these days, when many mothers work, their personal time with children is cut down as well. Yet it's essential for parents to be parents in order to prevent problems young people may have with drugs as they grow older."

Mr. Morrison, a school principal for over 15 years, works with parents, teachers, community leaders and young people in awareness projects. He maintains, "Children have a right of access to parents' time and caring. It should be built into the family schedule.

"If you discover a young person has a problem with drugs or alcohol, it's often too late — unless parents spend time and perhaps money on treatment programs for their offspring. The thing is, so many drug abuse problems can be avoided if there's a close and loving relationship in the family, and if parents help their youngsters feel good about themselves.

"Parents can work with teachers to equip a young person with adequate coping skills, to develop openness, responsibility and independence. Together, they can reinforce basic social values and see that fitness and health are maintained. When kids are healthy and involved in a lot of physical activity, in school clubs or youth groups, they don't usually spend much time experimenting with drugs.

"It's also important for parents and teachers to see that kids enroll in programs, courses and activities that they will succeed in, and that standards for behavior are realistic. Kids need to feel secure as they grow up."

'When young people are not secure they may try to find solutions in drugs and alcohol, according to Mr. Morrison. There may be tremendous personal suffering in the family. There can be an enormous loss to society if bright, useful young persons don't become productive citizens. Then there's the economic cost — tax dollars going to treatment that could have been avoided.

In these recessionary times, when unemployment and money worries place added stress on families, it's more important than ever for parents to talk to their children and to each other. Many experts agree with drug education consultant Jim Morrison when he says: "If you share your time with your children and keep telling them they're terrific, chances are that's what they'll be."

* * *

Great Entertainers

At your next party, why not offer guests something for non-drinkers, light drinkers or those who just want to take it easy or pace drinks?

Here's a sampling of "great entertainer" drinks you might want to prepare:

Moonlight Cocktail

Shae 175 mL canned or fresh grapefruit juice with 2 mL of grenadine and crushed ice. Pour into old-fashioned glass. Add short straws and hang a slice of lime on side of glass.

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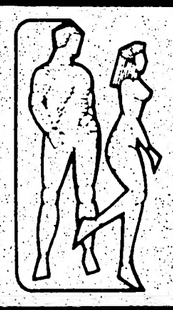
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MONEY SAVERS

Think about dried legumes such as peas, beans and lentils as flavorful, versatile and inexpensive meat alternates. Soybeans are especially nutritious, as they contain a higher proportion of protein than other dried beans and peas. In ancient China, soybeans were called "meat of the soil".

Remember: Bigger isn't cheaper if storage is a problem or if the item spoils before all of it is used.

Look for sliced or diced canned peaches and pears, as they're often a better buy than canned halves. Crushed pineapple is usually less expensive than slices.

Comparison shop: Look for less familiar brands and store brands. They're often less expensive than popular brands.

Eat before you shop for food. You won't be as tempted to buy more than you need.

Use the "stoop-and-rise" way of shopping, as products on shelves above or below eye level may sell for less than items close at hand.

A LITTLE SHOT GOES A LONG WAY

OTTAWA — Among communicable diseases in Canada, red measles is still a problem and health authorities remind parents to have their children immunized against it.

Measles is not trivial, contrary to common belief. There may be complications such as middle ear infection and pneumonia in one out of every 15 cases. Inflammation of the brain with subsequent mental retardation may also occur. Between 1970 and 1980, 119 patients died from measles in Canada; of these, 22 per cent were infants, 57 per cent were under five years of age and 75 per cent were under 10.

In an effort to eliminate measles, the National Advisory Committee on Immunization has called for a compulsory measles vaccination program. The Committee encourages provincial legislation requiring that children be vaccinated before they start school. New Brunswick and Ontario have already gone this route.

Advocates of compulsory immunization compare the situation in Canada with that in the United States, where immunization is mandatory. The two countries have about the same number of measles cases even though the population of the U.S. is 10 times greater than Canada's.

In some areas of this country, more than 90 per cent of children are immunized by the time they reach school age. But epidemics still occur among groups of susceptible children.

The National Advisory Committee on Immunization recommends that all children should be vaccinated against measles at one year of age or as soon after that as possible, unless there are sound medical reasons for non-immunization.

Older children and adolescents should not be overlooked either. If there's some doubt as to when, or if, vaccination was done — and if there is no history of having had the disease, epidemiologists say a shot of live vaccine may be in order. It's not harmful to have measles immunization repeated.

Public health authorities are also concerned about the incidence of rubella (German measles). Women exposed to this contagious disease during the first three months of pregnancy run a high risk of giving birth to children with heart defects, deafness and cataracts.

Immunization is a simple procedure carried out in a community clinic, school or doctor's office. Every member of the family should be protected against preventable disease. It's just common sense. And an up-to-date record should be kept.

BE WISE — IMMUNIZE

More and more families these days conclude the sting is worth it. A little pain in the arm now may prevent major illness later on. Health and Welfare Canada recommends this immunization schedule:

AGE	VACCINE (One injection may contain several of the vaccines. Polio may be given orally.)
2 months	Diphtheria, Whooping Cough, Tetanus and Polio
4 months	Diphtheria, Whooping Cough, Tetanus and Polio
6 months	Diphtheria, Whooping Cough, Tetanus and Polio*
12 months	Measles, Mumps and Rubella (German Measles)**
18 months	Diphtheria, Whooping Cough, Tetanus and Polio
4-6 years	Boosters for Diphtheria, Whooping Cough, Tetanus and Polio
11-12 years	Rubella (German Measles) for girls**
Thereafter	Boosters as recommend by your doctor. Tetanus booster is usually recommend every 10 years or after a complicated wound if more than 5 years has elapsed since the previous tetanus shot.

* Optional if live (oral) polio vaccine is used.

** At present, rubella (German measles) vaccine is recommend for either all infants at or over the age of one year, or for girls at about the age of 12.

WHAT FOODS ARE BEST FOR BABY?

"For starters, every baby deserves the breast, especially during the first six months after birth." This is the advice of one leading health professional, and an increasing number of Canadian parents agree.

Advantages of Breast-feeding

Dr. A.W. Myres, Health and Welfare Canada, is the officer responsible for the national breast-feeding promotion program and he maintains, "Human breast milk is ideally suited for babies because of its nutritional content and digestibility. It contains unique factors which help protect against infectious diseases." And Dr. Myres adds, "Breast-fed babies are much less likely to become ill than are bottle-fed babies and they're also less susceptible to allergies."

Breast-feeding is convenient and saves time. There's no cost. Breast-fed babies are rarely obese. The mother is unaware of how much the baby has consumed and is less likely to encourage overfeeding. The bond between mother and child is enhanced, as breast-feeding promotes a special closeness which helps build a secure and loving relationship.

Little wonder that breast-feeding has been endorsed as the ideal method by the World Health Organization, the Canadian Paediatric Society, health professionals and Health and Welfare Canada.

Alternatives

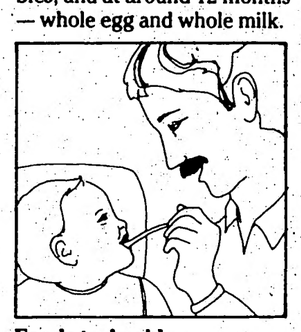
If a mother chooses not to breast-feed or stops breast-feeding, commercial infant formula is recommended for the first six months of life.

Whole cow's milk should not be given to infants under six months of age — to avoid a possible allergic reaction and nutritional problems. And the practice of giving skim or two per cent milk to children under 12 to 18 months is not recommended because low-fat milks won't satisfy the needs of the average baby. Furthermore, the child won't receive some essential nutrients required for growth and development.

When to Introduce Solids

Some parents introduce solids, usually cereal, to infants as young as one to two months. Dr. Myres says, "Early introduction of solids isn't a good idea because it may result in decreased milk consumption. And milk is nutritionally superior to solids." Dr. Myres agrees with health professionals who say solids too early may encourage overfeeding or lead to food allergies due to an immature digestive system, and that solid foods should be started around the middle of the first year.

From six to 12 months, new foods can be introduced gradually — each about one month apart. A general feeding pattern might progress from iron-fortified cereal to puréed vegetables — squash, yellow or green beans; to puréed fruits — bananas, applesauce or peaches — or fruit juices. Then on to puréed meats, poultry or fish; dairy products; finger foods such as dried bread or rusks; egg yolks; mashed family vegetables; and at around 12 months — whole egg and whole milk.



Foods to Avoid

Salt — unnecessary. Parents often add it to make food more palatable to them.

Sugar, honey or other sweeteners — only add kilojoules (calories) and contribute to tooth decay.

Starch (often modified and used as a filler in commercially-prepared infant foods) — increases kilojoules (calories) and detracts from the nutritional value of food.

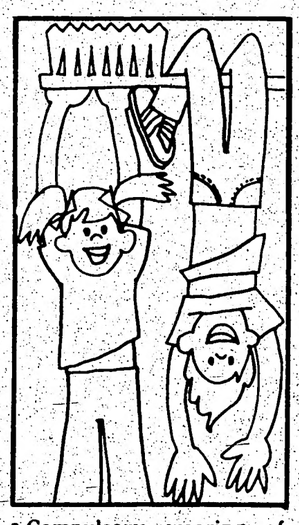
Small hard foods (e.g. nuts, berries, potato chips, popcorn or hard candies) — a child may choke on them.

Vitamin and Mineral Supplements

Parents should talk with the family doctor, public health nurse or community nutritionist about vitamin and mineral supplements. Generally, when an infant receives a nutritionally-balanced diet there is no need for any supplements, except Vitamin D for breast-fed babies. If parents are using formula, either concentrate or powder, and live in an area where water isn't fluoridated, a fluoride supplement is advisable.

Dr. Myres also says, "It's important for parents to know their baby, to take cues from the child about feeding times and amounts, and not to become too dependent on others for advice."

PROTECT KIDS' TEETH AT PLAY



Restoring or replacing injured teeth is a very expensive process, as parents who foot the bill can attest.

So how can you help protect the teeth of your children?

Parents, teachers, playground or sports supervisors all have a role. Involve children themselves and get them thinking about safe practices.

A few things to talk about:

- Dangers to teeth from fighting and pushing at the drinking fountain. Perhaps a cheerful sign can discourage pushing.
- Problems with fighting, shoving and tripping another child.
- Safety practices to help avoid falls from bicycles, tricycles, trees or jungle gyms, or falls caused by objects lying on the floor, stairs or sidewalk.
- Buckling up in a car or truck.
- Compulsory wearing of mouthguards and/or helmets with a face mask for sports such as hockey, football, lacrosse and baseball. Explain that any accidents which might still happen may not be as severe.

When these points are understood by your children they're much more likely to follow safe practices that prevent most dental accidents. And they'll be proud of their smile!

Maybe you're teaching them more than you realise.

Teenagers often give the impression that parents have no influence in their lives, that they can handle it all themselves. Well, when the subject is drinking, nothing could be farther from the truth. You don't have to take our word for it. Here's what some teenagers have said:

"Everything I know about drinking I learned from my parents."

"They tell me to watch myself at parties, but they forget that advice when they have one of their own."

"I've seen my parents' friends drive home when they really shouldn't have. Why didn't someone suggest a cab?"

"I know drinking and driving is a dangerous thing to do. But I don't understand why it's only dangerous for me, not for my father."

We could go on, but you get the point. Nothing you can say about drinking responsibly is as believable as acting responsibly.

So please. If you won't make the effort for yourself, at least have the good sense to do it for your kids.

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Teens

Decisions...Decisions...What Would You Do?

Do you have clear attitudes towards alcohol use?

Think about these situations and how you might react to them, or what you might do...

- You're under the legal drinking age and some friends ask you to "down a few". What would you say?
- You're challenged to a "chug-a-lug" contest by some of your friends. What would you do?
- A person you don't know very well offers you some unidentified pills while you're both drinking. He says you'll get a "kick" out of them. What would you do?
- Some of the kids from school take alcohol on a school camping trip even though the teacher has said no alcohol is to be brought along. What would you do about it?
- You're leaving a party and a good friend (who is drunk) offers you a ride home. How would you respond?
- You know your best friend drinks too much but won't admit it. Would you talk to him or her about it?
- You're invited to a friend's home to have a few drinks from the parents' liquor cupboard while they're away. What would you do?

Remember...

Choosing not to drink (or not to use other drugs like tobacco) is your **right.** Any friends who lean on you about your decision are chipping away at your rights as a free individual. You can remind them of that if they get on your back. Besides, you don't need alcohol to have a good time. And it may impair your ability to really enjoy yourself.

Teens Hit by Tough Times

Rising costs, fewer jobs and decreased financial support from often-unemployed parents mean teenagers face new anxieties.

Directors of youth services' bureaus across the country, managers of agencies pointing young people to part-time work and Canada Employment centres all indicate a growing number of casualties among the young. Social Service departments and Children's Aid Societies are often hard-pressed to meet the growing needs of adolescents.

While many teenagers, particularly those who are on their own or without a high school education, may have resigned themselves to the economic situation, others are learning to adapt.

A 14-year-old in Halifax says, "Sure, I know kids who are having mental breakdowns, who turn to crime or drugs, prostitution or suicide, but you have to be optimistic."

In the Metro Toronto area, where, as elsewhere, the unemployment percentage rate among young people runs into double digits, teens are working harder than ever in schools and enrolling in practical courses. This is happening all across the country, in the Prairies, Pacific and Atlantic regions as well.

And as the 14-year-old in Halifax says, "Now more than ever, you have to get your head together. You have to pay attention to your health more than ever before. It's important that kids don't despair."

FIT OR FAT

There are teens who know how to move around. They jog, swim or hike. They cross-country ski. They play hockey or basketball. When they do housework, cut the grass or listen to music... they **move.**

Being fit or fat means taking choices in how you move and what you eat. Your choices begin with eating a variety of foods and then adding foods to meet those extra energy requirements.

Which Choices Do You Make?

High Energy Content		Low Energy Content
vanilla milkshake (250 mL) 233 kcal/980 kJ	or	skim milk (250 mL) 90 kcal/380 kJ
3 pieces of fried chicken 465 kcal/1950 kJ	or	diced, cooked chicken (150 mL) 122 kcal/510 kJ
20 French fries 310 kcal/1300 kJ	or	1 baked potato 91 kcal/380 kJ
1 cola drink (400 mL) 145 kcal/320 kJ	or	canned, unsweetened orange juice (250 ml) 127 kcal/530 kJ
1 piece apple pie 410 kcal/1720 kJ	or	1 apple 70 kcal/290 kJ
1 banana split 500 kcal/2100 kJ	or	1 hamburger 400 kcal/1680 kJ
2 chocolate marshmallow cookies 150 kcal/310 kJ	or	4 whole wheat crackers 110 kcal/462 kJ
1 doughnut and coffee 170 kcal/714 kJ	or	non-sugar cereal and milk 150 kcal/310 kJ

COPING WITH CHANGE

Teenagers don't need to be told that sometimes it's tough being a teen — a time of rapid physical and emotional change.

It seems that one day you're climbing trees and the next you wonder if you should shave. Suddenly you're interested in the opposite sex. Friends you've had for years don't interest you any more. You're in stormy arguments with your parents or can't stand brothers and sisters. You want to take responsibility for your actions and make decisions but adults tell you "you're still just a kid". And at other times you feel the need for the support and protection of your home.

How do you cope with all this?

Some teenagers may go on a weekend drinking binge or smoke pot; some may eat too much, or practically starve to stay thin; others may slam the door to their room and brood for hours or retire into themselves. Any of these "escape" methods may just make a problem worse, even though they are often ways of trying to deal with the problems of growing up.

Some of these guidelines may help you cope in a positive way:

- Learn about your body and the physical changes you're going through. Consult health books at school, at home or in the library. Find out about the "why", "what", "when", "where" and "how" of physical development. Or talk to parents and teachers about what they went through. They were kids once too!
- Be aware that in teen years it's more important than ever to respect your body and adopt a healthy lifestyle.
- Develop your knowledge of nutrition. Choose a variety of foods; practise moderation, particularly in fat, sugar and salt intake; and balance what you eat with what you do!
- Get enough sleep and rest. Enjoy sports and fitness programs. Take pride in your grooming and physical appearance.
- Deciding to have sexual intercourse is an important decision which involves discussion between partners. It also involves knowing about the risks of unprotected intercourse — for example, pregnancy or contracting a sexually transmitted disease. It's also important to have accurate information about sex and sexuality and to be responsible for doing what you feel comfortable with at the present time.
- When you have disagreements with parents, brothers or sisters, talk to them about what is important to you rather than becoming angry and resentful. Be prepared to respect the opinions of others just as you expect them to respect yours.
- Try to decide what your values are. They may be different from those of people around you. If they are, recognize that their values have come from experience and may also have merit.
- When you act responsibly, you'll be trusted. Gradually, you'll develop more independence.
- Decide on your priorities at school, home and in free-time activities. Find time for recreation or hobbies that appeal to you — you'll be a more attractive person when you have a wide range of interests.
- Decide what your feelings are towards friends. Being a member of a group can give companionship but occasionally friends can pressure you to do something you'd rather not do. You may have to make choices. But if you choose a course of action right for *you,* and be responsible towards others, you're becoming mature. And you keep your self-respect.
- Talk over problems with parents, a trusted older person or a close friend your own age who will honor your confidence and "just listen".
- Most of all, keep in mind that adolescence is experienced by eveyone. The many physical and emotional changes which occur during this period are a normal part of growing up — a time for developing independence and becoming truly responsible.

THE INSIDE DOPE ON MARIJUANA

Most kids don't "do" dope or even *want* to smoke up. But because there seems to be a lot of marijuana around — in schools, on the street, and at parties — some teenagers may wonder about it and feel they should give it a try. With all the talk and publicity, it may look as if there's an acceptance of marijuana.

So what's it all about? What should you know about it?

There's no typical user of marijuana — often called "dope", "pot", "weed" or "grass". But its use may begin in junior high, secondary school or university and appears to decrease with age.

What Is It?

Marijuana is a drug that can change one's mood. It's the most common form of cannabis and comes from the Indian hemp plant, as does hashish, which is stronger than marijuana.

Why Is It Used?

There are many reasons: to get high, curiosity, to be part of the gang, to feel relaxed, perhaps because it's "forbidden fruit" or because smoking up gives a person the image of being cool or rebellious.

What Are the Effects?

Effects depend a lot on the user's personality, attitude and past use of the drug. In general, sensations may include feelings of well-being, relaxation, changed perceptions of time, space and self; giddiness; lessening of inhibitions; forgetfulness; heightened sensitivity to sound, textures and taste; increased appetite — the "marijuana munchies"; and less pleasant experiences such as fear, worry, depression, irritability, confusion or tiredness.

Physically, marijuana may lead to increased heart rate, dry throat and mouth, reddened eyes and impaired physical coordination.

Scientists and police suspect that marijuana may be a factor in some traffic accidents. In Ontario, between 1978 and 1979, about one in 25 road accidents with fatally injured drivers involved marijuana, usually in combination with alcohol. In surveys, 60 to 80 per cent of marijuana users said that they sometimes drive while high.

So marijuana can be hazardous for people in any activity where good judgment, eyesight, coordination and fast reactions are needed.

What Are Long-Term Health Effects?

There have been no reports of deaths directly linked to cannabis use but there may be other problems:

The tar content of marijuana is estimated to be at least 50 per cent higher than in tobacco, and the way it's smoked makes a "joint" stronger.

The active ingredient of cannabis, THC (tetrahydrocannabinol) may pass from a pregnant mother to an unborn child and may harm the developing fetus.

Heavy regular use produces symptoms of psychological dependence in some people. There's evidence that long-term smoking up can lead to psychiatric disorders such as delusions or paranoia.

And there's evidence that use by the very young may affect short-term memory and attentiveness, reducing learning ability. Studies also show kids who use marijuana participate less in school, in the classroom or in extra-curricular activities.

Are Hard Drugs the Next Step?

There's no indication that the majority of marijuana users inevitably go on to other dangerous illegal drugs such as LSD, heroin or cocaine. But surveys do show users are more likely to have tried other illegal drugs and that they also use tobacco and alcohol.

For more information...

Health and Welfare Canada has two new booklets aimed at both parents and young people. **Stay Real** provides straight reliable information about cannabis (marijuana and hashish). **Straight Facts** answers some of the more common questions about drugs and drug abuse in general. For copies, write to the Health Promotion Directorate, Health and Welfare Canada, Box 8888, Ottawa K1G 3J2.

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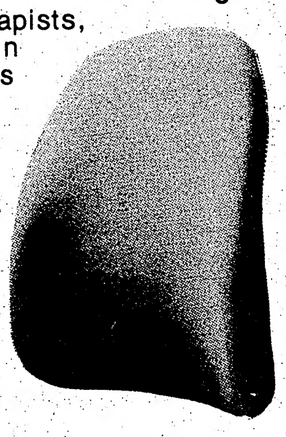

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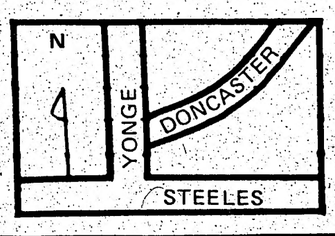

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Dear Sandra

Letters to Sandra

Teenagers write about some of their concerns and problems regarding sexual behavior and growing up. Sandra is a family planning counsellor.

Dear Sandra:

My boyfriend is 16 and I'm 15 and we have a nice relationship but he wants it to go further. He says "everyone does it". I enjoy going to movies with him, listening to records and kissing, but don't want to go beyond that right now. Is there something wrong with me?

PUZZLED.

Dear Puzzled:

Don't be taken in by the "everyone does it" line. You do have a choice. There is nothing wrong with saying: No way — this is not for me right now. No one should be pressured into doing something they are not comfortable with, especially as far as sexual activity is concerned. Many young people choose to delay having intimate relations for a variety of reasons. One is to make sure they are ready emotionally.

Dear Sandra:

I guess I'm still shy, at 14. I have many questions about my body, sex, going with girls, all that stuff. But I can't get up the nerve to talk to my parents, the health teacher or our family doctor. I certainly can't ask my friends about sex because they might get the wrong idea. Where can I get good information I can trust?

BASHFUL BOB.

Dear Bashful Bob:

A good start would be to read up on the subject. Your school or public library can be useful sources of information.

People such as an older brother or sister, close relative, school teacher or school nurse with whom you feel comfortable can also be helpful. Above all, don't shortchange your parents. You may find them very approachable and open about answering your questions.

Other sources of information are community health centres, teen hotlines, youth or adolescent clinics and family planning associations. You're not alone. Many young people have questions like yours.

Dear Sandra:

Most of my friends call me "Squirt" because I'm short and skinny. I try out for football and hockey but never make the team. No muscles. I think girls laugh at me. My best friend, Chuck, is my age (15) and he makes out with girls and is very active in sports too. Can I do anything to be bigger and more muscular like Chuck?

SQUIRT.

Dear Searcher (I can't call you "Squirt"):

Studies on adolescent growth tell us that about 20 per cent of normal teenagers are "late maturers". This growth spurt can last from two to four years. With boys, height and muscles develop fully near the end of the teenage period. Therefore, any attempts at body building now could be disappointing.

Everyone develops at a different pace, making each of us unique! While you may or may not end up being the same as your friend Chuck, you'll be yourself and that's what counts. Meanwhile, be patient. You'll get there!

Dear Sandra:

I have a steady boyfriend and we talk a lot about romance and eveything. He says you can't get pregnant the first time you have sex. Is this true?

JUST WONDERING

Dear Wondering:

No, it is not true. It is one of the myths, not a fact, concerning birth control.

Just to set the record straight, here are some other **facts:**

- you **can** get pregnant if you have intercourse standing up, or using varied positions;
- you **can** get pregnant if you take the birth control pill just before intercourse;
- you **can** get pregnant if the man ejaculates outside the vagina.

The plain truth is you may risk pregnancy with unprotected intercourse. It's better to have factual information than blindly believing "It can't happen to me."

Dear Sandra:

According to my girlfriend, plastic wrap and balloons make good condoms. Is she right?

KINDA SUSPICIOUS.

Dear Suspicious:

Tell your girlfriend to update her information.

Plastic wrap or balloons are not good condoms. They don't fit, can easily be torn or left in the vagina during intercourse. It is far better to use the standard, inexpensive condom which has been specially designed and thoroughly tested. For maximum effectiveness, contraceptive cream or foam should also be used along with the condom.

* * *

Nutrition Know-How

All proteins are not created equal. Most proteins of animal origin are high-quality proteins because they contain all the eight essential amino acids in the proportions needed. But proteins of vegetable origin are low in one or more of the essential amino acids. The trick is to combine non-meat dishes so that all the eight essential amino acids are present in needed proportions: macaroni and cheese, whole-grain cereals with milk, baked beans and bread are just some of them.

How Smart Are You About the Food You Eat?

Q. *If I eat a chocolate bar just before an athletic event will it give me an extra spurt of energy?*

A. No. It takes time for your body to convert nutrients into energy — more time than it would probably take for the athletic event.

Q. *If I'm trying to lose weight, should I avoid bread, potatoes, rice and pasta?*

A. No. These foods contain important nutrients and like other foods from the four food groups should be eaten in moderation. It's the added extras such as butter, sour cream and rich sauces which can help you put on weight.

Q. *Is an orange drink a good substitute for orange juice?*

A. No. An orange drink doesn't contain all the vitamins and minerals found in orange juice. Besides that, you may find that the sugar content in orange drink is higher than you want.

Q. *I'm a pushover for popcorn and corn chips. So: which has more calories — one cup of popcorn or one cup of corn chips?*

A. Corn chips — at about 672 kJ (160 calories) per cup. Popcorn, without butter, has about 189 kJ (45 calories) per cup. But if you add butter, that popcorn has 420 kJ (100 calories) per tablespoon of added butter.

Q. *I'm told that honey is better for me than sugar and that honey is more nutritious. Is this true?*

A. Honey and sugar are substantially the same so far as nutrients are concerned. Neither one provide nutrients in sufficient amounts to matter to the diet. They're both high in carbohydrates though.

Q. *I really love hamburgers and often have them at the school cafeteria, after school or after a movie. Is it OK to have hamburgers — as a meal — three or four times a week?*

A. Hamburgers are a popular food but sometimes they can take over your food pattern. Fit the hamburger into your selection from the four food groups occasionally. Add cheese for the milk group, salad or coleslaw or fruit for the fruits and vegetables group.

* * *

Did you know...

One large submarine sandwich has over 32,000 kilojoules (about 780 calories). To burn it off will require jogging for 55 minutes.

Treatment Helps Teen with Anorexia Nervosa

MONTREAL — Mary Anne Foster (not her real name) is getting psychiatric help these days in an attempt to regain the 55 pounds she has lost in the last year.

She's anorectic. At 168 cm (five feet seven inches), she should weigh around 59 kilograms (130 pounds). Her weight is at the 45 kilogram-mark now and she's slowly learning how to cope with her condition and to understand her feelings better. And she's mastering the basics of good nutrition.

Luckily, Mary Anne, a bubbling 15-year-old, a perfectionist, active in sports and an excellent student, has supportive parents, friends and a good doctor. She believes she's on the mend.

Anorexia is a self-imposed form of starvation, usually triggered when young persons, often teenage girls, have an obsession with fat. It's a psychological problem. An estimated one out of 100 women from 12-to-25 years old in North America have the condition.

The causes aren't fully known but symptoms have been identified.

In Mary Anne's case, there was the drastic weight loss. She had an overwhelming interest in fad diets, nutrition, constantly studied cookbooks but rarely ate. If she did eat, she might subsist on a diet of yogurt and raw broccoli. On occasions when she was with the family at mealtime, she would go on an eating binge and then force herself to vomit or overuse laxatives so food wouldn't be absorbed by her body.

Mary Anne also withdrew from her family circle and friends. Her mood swings were very noticeable and she was often depressed.

Along with these symptoms, she had a compulsion to excel at school sports, often jogging two or three hours a day. And she found her menstrual periods were very irregular and then stopped. It was this symptom that caused Mary Anne to talk to her parents and later, the family doctor and a psychiatrist.

Mary Anne is now on the road to recovery. She's learning about herself and realizes it's unrealistic to "be perfect" all the time. She's also putting into practice what she knows about nutrition. Although she still has about 13 kilograms (30 pounds) to gain, Mary Anne is confident that she will accept herself at her new weight.

* * *

Fast Fact

Even though Canadians who light up are in the minority, the per capita consumption of cigarettes has increased. So some smokers are puffing away more.

ALCOHOL QUIZ

Try this quick test...

	Yes	No
1. A person can become an alcoholic by just drinking beer.	___	___
2. Most alcoholics are on skid row.	___	___
3. Eating while drinking slows down the absorption of alcohol in the body.	___	___
4. A person can be allergic to alcohol.	___	___
5. A person can die from alcohol overdose.	___	___
6. Alcohol is a drug.	___	___
7. Alcohol is the perfect remedy for fighting off a cold.	___	___
8. Black coffee helps to sober up a person who has "tied one on".	___	___
9. A big tall person can get drunk.	___	___
10. Alcohol is a sexual stimulant.	___	___

Answers: For a perfect score you have checked "yes" for statements 1, 3, 4, 5, 6 and 9; "no" for statements 2, 7, 8 and 10.

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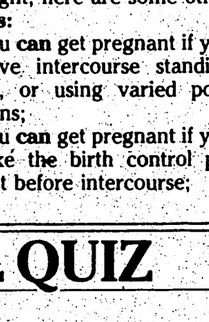

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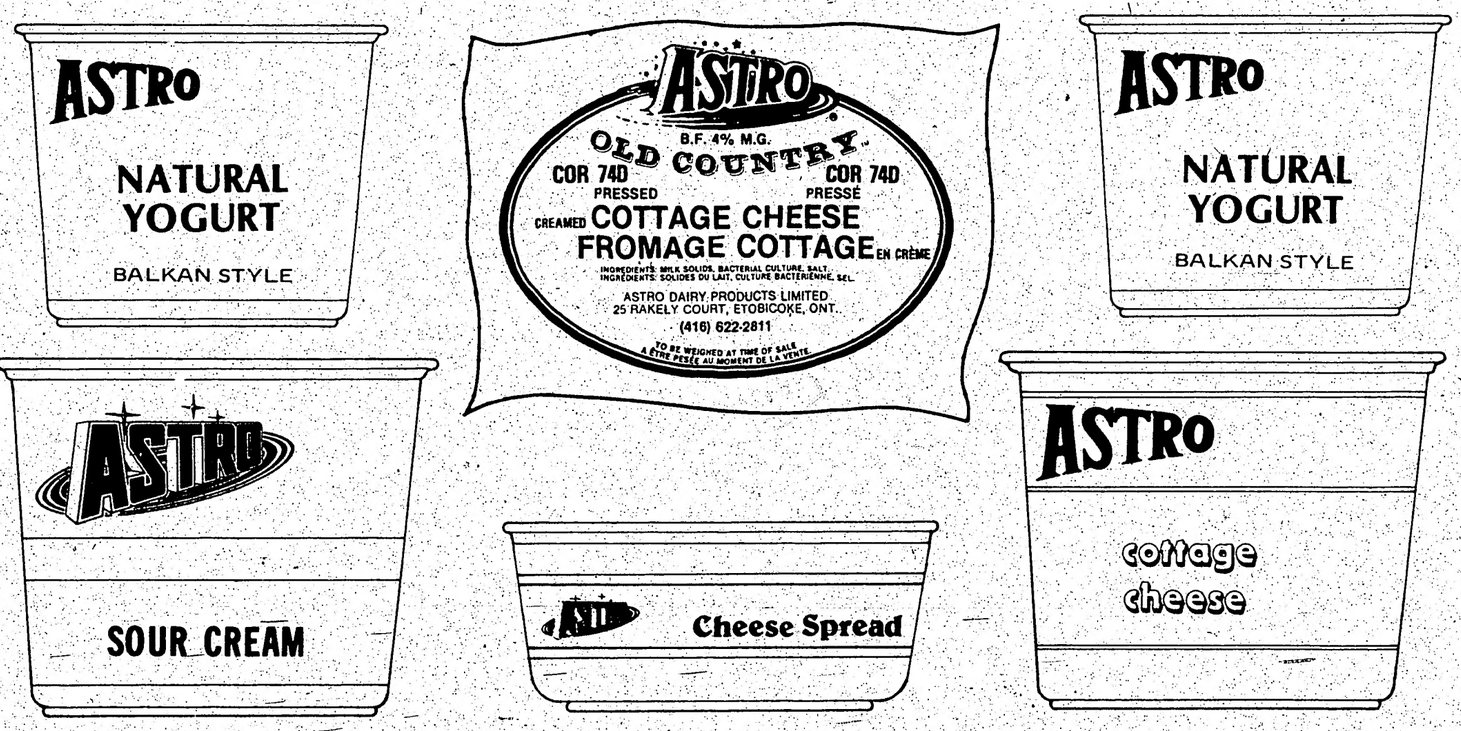

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Seniors

The Rewards of PMA a Positive Mental Attitude

Everywhere in Canada older people are saying that being elderly is indeed "the best time of their lives". These are folks with P.M.A. — a positive mental attitude.

What's the secret in achieving it?

"Simple," says a senior activist in Vancouver. "Enrich your life through positive self-help. Refuse to let loneliness, depression or anxiety get you down. Keep busy. Keep active."

Seniors with this philosophy are developing new interests, perhaps for the first time in their lives. They may enhance their awareness of nature by sailing, bird watching or walking. Along with others, they may bowl, play shuffleboard or go on bus tours. They may find a partner and join a dance club, take up skating again or enjoy moonlight strolls.

Or perhaps seniors do things on their own. Hundreds of mature students are going back to school, community college or university. The idea is they want to learn something new and exciting and they reckon it's never too late to stretch the mind and have some fun.

An 83-year-old Newfoundland fiddler plays jigs at a National Arts Centre revue. A 76-year-old Winnipeg woman who lives alone refuses to feel sorry for herself and spends most of her time visiting shut-ins. A retired miner of 90 in Rouyn, Quebec, spends his days researching the family tree. A Windsor grandmother tells stories to children in a day care centre "just to keep young and to keep in touch."

Many seniors are involved in community organizations as advocates for improving the quality of life for other seniors. They may be instructors in community centre programs or advisers to community planners. A few have organized Senior Employment agencies offering part-time employment and peer counselling to recently retired seniors.

There are countless examples of elderly people busier now than in their so-called "active" years.

And they all have P.M.A.

They find moderately vigorous activity more effective in the release of frustration or anger than the use of tranquillizers. With activity, they relax more readily and sleep better.

They watch their diets carefully, don't eat too much and find they feel healthy with interesting food.

When they're busy with hobbies and handcrafts they have an outlet for creative expression. And these activities also help maintain muscle functioning in the hands and fingers.

The late world-renowned cardiologist, Dr. Paul Dudley White, not a spring chicken himself, was a strong believer in positive mental attitude. He affirmed that older people should not say, "Now's the time to take it easy". Rather, Dr. White challenged, "Don't take it easy. Staying active can help one enjoy a more healthy, vigorous and satisfying life."

DID YOU KNOW?
Common Foods Have a Fair Amount of Sodium

If you have certain types of heart disease or high blood pressure, your doctor may want you to reduce sodium (or salt) amounts in your diet.

It may mean cutting back on salt when you prepare foods, or removing the salt shaker from the table.

When you're shopping, "sodium" is the key word to look for on product labels. You may see it as "sodium chloride" or "monosodium glutamate". Be a label reader!

These foods are fairly high in sodium, or salt:

- Bread and rolls, potato chips, pretzels and other salted snack foods.
- Table salt, flavor enhancers, ketchup, prepared mustard, meat sauces, soy sauce, prepared horseradish.
- Smoked or salted fish, canned sardines, canned tuna fish.
- Most canned soups, bouillon cubes or soup mixes.
- Processed cheese and some specialty cheeses such as Roquefort or Camembert.
- Smoked or prepared meats such as bacon, bologna, corned beef, ham, liverwurst, luncheon meats, pastrami, pepperoni and smoked tongue.
- Sauerkraut, pickles, other vegetables prepared in brine (such as pickled beets).

Alternatives to salt or sodium include herbs, spices or lemon juice. A commercial salt substitute is also available if your doctor recommends it.

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How to Beat Tired Feet. . . .Some Foot Notes

"People seem to be more reluctant to consult a doctor about the two ends of their bodies, the feet and the mind, than they are about any of the parts in between," comments one Canadian physician.

And seniors aren't the only people with foot problems or tired feet. Seven out of 10 persons have some trouble with the body's foundation.

There are many reasons for "tired feet": poorly-fitted shoes or fallen arches, corns and calluses, ingrown toenails, burning spots or blisters, or just overdoing it on a daily walk.

So how do you beat tired feet?

First, some ideas for forestalling the problem:

Wear correctly fitted shoes. Have two pairs in regular use. Wear them alternately, keeping the other pair on shoe trees so they'll hold their shape while the absorbed perspiration has a chance to dry.

For women, medium heels may be best, especially if the heels are made from rubber to provide good cushions for walking on hard surfaces. Spike heels? Obviously not the best choice.

For men, make sure your socks fit properly. If they're too tight, they may bend or cramp the toes, or cause calluses and blisters. To avoid swelling feet, see that garters (if you wear them) don't restrict circulation.

Keep your feet clean. Bathe them at least once a day, drying them carefully, and dust with a plain talcum powder.

But suppose you've been walking or standing a lot and your feet are tired out, perhaps burning like hot coals. What then?

It may help to put your feet in warm water for a minute or two, then into cold water for just an instant. After this procedure, rub the feet gently as you dry them.

A massage will often help. Use a kneading, rotary motion of the hands. If the feet are dry or irritated, apply cold cream or olive oil before the massage and wipe off the residue with a clean, dry cloth.

Get your feet up on a footstool or sofa. A few minutes' rest often does wonders.

Elderly people often need assistance in foot care. Some Senior Centres and health units provide services for the elderly — clipping toenails properly, removing corns and calluses or making observations about ingrown toenails or infections that may require medical attention.

If your feet are persistently tired, talk to your doctor. Don't be shy. Considering the number of Canadians who have foot trouble, the doctor may have tired feet too and may want to share footnotes with you!

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LIFESTYLE QUIZ

Health and fitness are by-products of the way we live. Ask yourself the following questions: YES (✓)

Driving

☐ Do you and your passengers use seat belts?

☐ Do you stop and walk around often on long drives?

Eating

☐ Have you maintained your weight at the level where you feel best?

☐ Do you eat a wide variety of food each day including something from each of the four food groups: milk; fruits and vegetables; bread and cereals; meat and meat alternates?

☐ Do you watch your intake of fat, sugar and salt?

Exercise

☐ Are you active each day?

☐ Do you engage in moderate exercise of an endurance type (e.g. swimming or walking) three times a week?

☐ Do you participate in physical recreation (e.g. dancing, gardening or golf) in your leisure time?

Drinking and Drugs

☐ Do you use alcohol in moderation? (i.e., females less than nine drinks a week; males less than 14.)

☐ Do you avoid using tranquillizers or sleeping pills except when specifically ordered by a doctor?

Smoking, Stress and Safety

☐ Are you a non-smoker?

☐ Do you get enough rest and relaxation?

☐ Do you have a hobby or hobbies that interest you?

☐ Do you have regular medical and dental checkups?

☐ Do you practise good personal safety habits?

☐ Are you able to cope with normal "everyday" problems and worries?

If you answered YES (✓) to all these questions, congratulations! You have a commendable lifestyle based on sensible habits and a lively awareness of personal health.

Lifestyle is the unique pattern of your daily life. Positive changes can be accomplished with a new attitude and the decision to act.

— Adapted from "Don't Take It Easy", a Fitness Canada publication.

For more information...

General information on fitness for older adults is available from Fitness Canada, 365 Laurier Ave. West, Ottawa K1A 0X6. Or, consult a local seniors' organization or health unit.

Seniors Urged to Avoid Mixing Drugs

Most drugs prescribed for the elderly are beneficial in themselves. But sometimes seniors take drugs unnecessarily or they take two or more drugs that can form a dangerous combination.

What often happens is that prescription drugs may interact with each other, with an over-the-counter preparation or with alcohol. One type of drug interaction results in mental confusion, loss of judgment about abilities, drowsiness or dizziness, or impaired coordination. Many other drugs interact to cause unexpected and undesirable side effects and in some cases the desired effect of one drug is counteracted by another.

Here are a few common mixes that may be dangerous:

- alcohol and tranquillizers or sleeping pills;
- alcohol and cold remedies or allergy medicines;
- alcohol and pain relievers which contain codeine;
- certain blood pressure pills and antidepressants combined with cough and cold remedies;
- oral anti-coagulants and certain anti-arthritis drugs combined with pain relievers containing ASA;
- antacids with certain antibiotics such as tetracycline;
- digitalis or digoxin heart medicines and diuretics (used to prevent water buildup in the body).

Some drugs shouldn't be combined with some foods. For example, certain antibiotics such as tetracycline lose their effectiveness when taken with dairy products. Iron pills, taken with dairy products, won't do their job. Some antidepressant drugs combined with old cheese, herring, chicken livers or red wine may lead to severe high blood pressure.

Health authorities have positive guidelines for seniors — to prevent problems with drug interaction:

- **Drugs may not always be the answer to your difficulties.** Ask your doctor to help you explore other alternatives such as diet and exercise.
- Realize that aging slows down the body's ability to use drugs. More of the drug stays in the body for longer periods of time.
- Take prescription drugs **exactly** as prescribed. If you have any problems, let your doctor know.
- Bring all the drugs you're taking to the doctor (or doctors) you visit — including cold remedies, laxatives and other non-prescription drugs such as herbal remedies. Also, let the doctor know if you drink, even if it's only once in a while.
- Try to fill your prescriptions at the same pharmacy. Many pharmacists now keep computerized records of what drugs their customers are taking. The pharmacist can tell you about a possible drug interaction and can also advise you on the expiry date of your drug. If you're in doubt, ask.
- Develop a system to help you remember which pills to take at certain times. Some people use a coded wall chart tacked up over the kitchen sink. Some use a watch with a beeper. Others use an egg carton with seven sections, each containing pills prescribed for each day. A magnifying glass near the medication container is an aid to reading labels accurately.
- Be sure someone close to you knows exactly what medication you're taking. Your family and friends should have the name of someone to call if there's a change in your condition or behavior.

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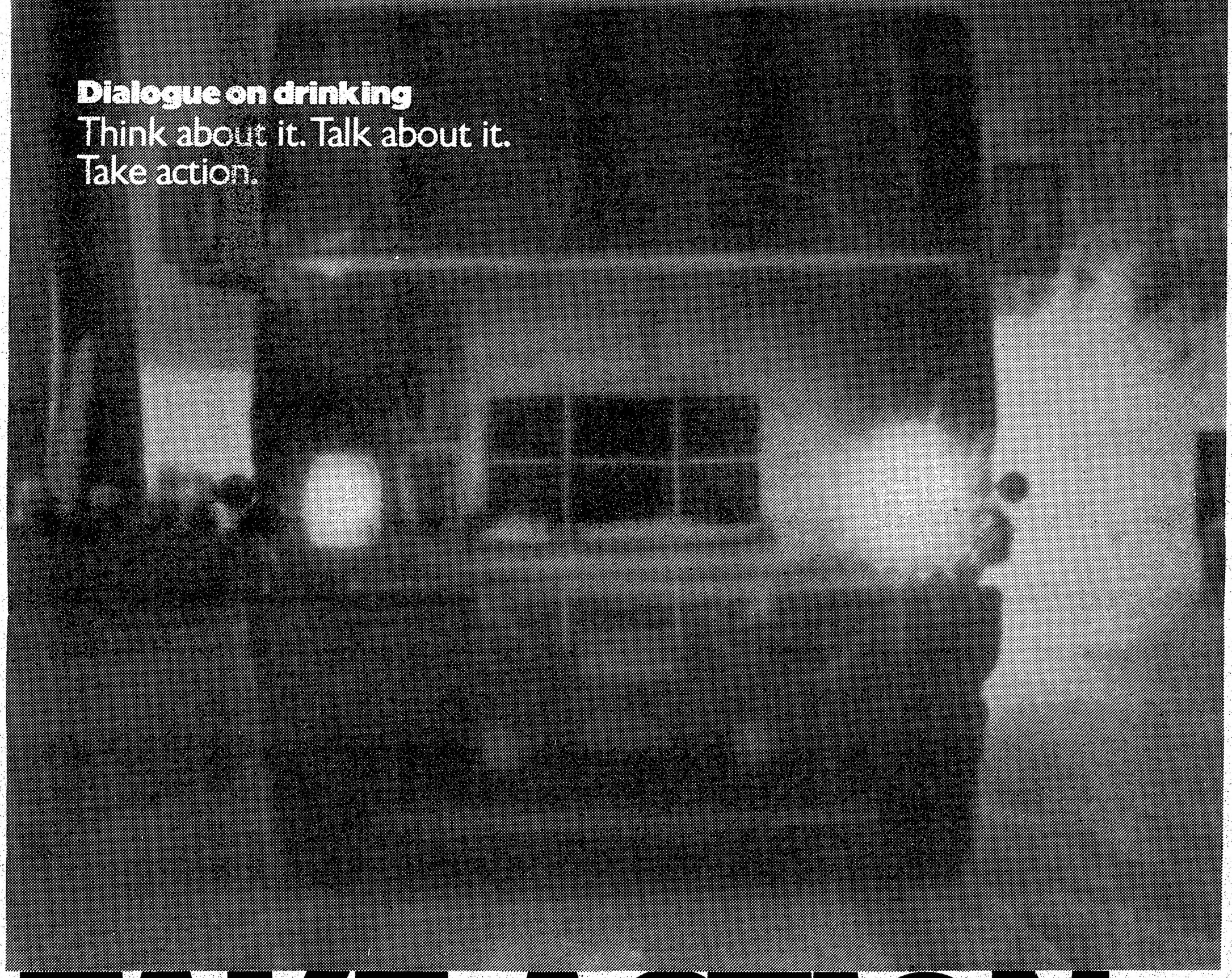
Dialogue on drinking
Think about it. Talk about it.
Take action.



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"If you drink and drive, sooner or later you're going to screw up; believe me I see the results of it often."

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